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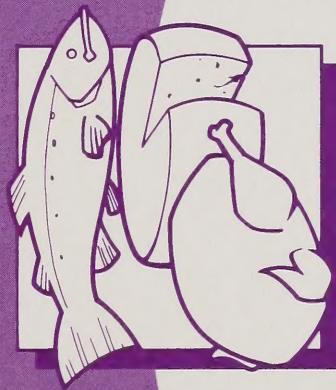


Food and  
Nutrition  
Service

FNS-251

# Facts About USDA Commodities

*for the*  
National School Lunch and Breakfast Programs



*Other*  
**FOODS**





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Many thanks to Mary Kennedy  
for editorial assistance.

Revised August 1991

The National School Lunch and Breakfast Programs are  
available to all children regardless of race, color, national  
origin, sex, age, or handicap.



## Introduction

The United States Department of Agriculture (USDA), Food and Nutrition Service (FNS) is charged with administering the Food Distribution Program. Through the Food Distribution Program, USDA purchases foods through direct appropriations from Congress, and under surplus-removal and price-support activities. The foods are distributed to State agencies for use by eligible local outlets, including schools. Schools participating in the National School Lunch and Breakfast Programs may receive USDA-donated commodity meats, vegetables, fruits, grains, and dairy products.

This publication is a collection of fact sheets about USDA commodity foods. Each fact sheet provides basic information that will help school food service personnel make the best use of donated foods. Additionally, this information can simplify ordering and serve as a ready reference for the nutrient content of USDA commodities.

*Each fact sheet contains the following information for each commodity:*

**Product Description** lists the contents as well as the USDA grade, variety, cut, packing medium, and other applicable information.

**Pack Size** describes the packaging of the commodity. Such information may include case weight, number and weight of individual bags, can size, and number of cans per case.

**Yield** tells the number of servings per pound/portion or per can, as well as additional information. Serving sizes may be 1/4 cup for fruits and vegetables; 1 ounce, 1/4 cup, or an individual portion for meats and meat alternates; and generally 1 slice or 1/2 cup for bread and bread alternates. Use yield information to calculate the quantity of food needed to meet the school lunch meal pattern requirements. Yield data were obtained from the USDA publication *Food Buying Guide for Child Nutrition Programs* (Program Aid No. 1331).

**Storage** suggests where, how, and how long to store the commodity. Storage information is from *Storage and Materials Handling*, DOD 4145.19-R-1, September 1979.

**Nutritional Value** is included for a specified portion of each commodity. The nutrient profile is intended to be used as a guide in planning nutritious meals. Most of the foods are listed in ready-to-eat form, such as "1 ounce of cooked ground beef (not to exceed 22 percent fat)" or "1/4 cup serving of cooked, drained green beans." The amount may be in ounces, fractions of a cup, tablespoons, or a piece of a given size. Nutritive values of other serving sizes may be calculated to meet meal pattern requirements. For example, the values for ground turkey are given for a 1-ounce portion. For the nutritive values of ground turkey for a 2-ounce serving, simply multiply the given values by 2.

Values are listed for calories, protein, carbohydrate, fat, cholesterol, vitamins, and minerals. The vitamins reported are vitamin A, vitamin C, and the B vitamins (thiamin, riboflavin, and niacin). Minerals include iron, calcium, phosphorus, potassium, and sodium.

Nutritive values of meat list nutrients for meat that has been cooked and drained of drippings. The percentage of fat, such as for ground beef (not to exceed 22 percent), refers to the amount of fat in the product before cooking. Values for canned meat products, such as canned beef and pork, are based on the removal of fat, according to suggested preparation instructions. Nutritive values are given for cooked vegetables, dry beans, pasta, and rice with no salt or fat added.

Nutritive values are from USDA Nutrient Data Base for Standard Reference Release No. 9. Other data approved for this publication were reviewed by the Nutrient Data Research Branch, Human Nutrition Information Service, USDA.

All USDA-purchased foods must satisfy formulation specifications that insure the commodities are comparable to or better than commercially available products.







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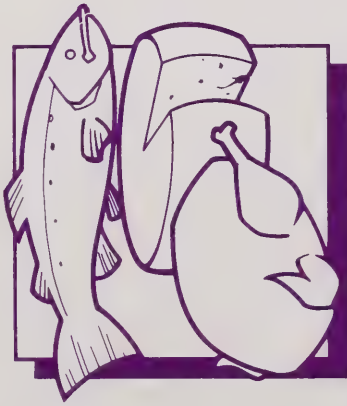
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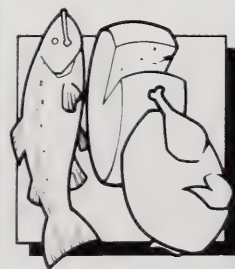
# Meat and Meat Alternates











## Facts About USDA Commodities

# Almonds, Shelled

### Product Description

Shelled almonds, unblanched, U.S. Grade 1, of Nonpareil, California, or NePlus varieties

### Pack Size

25-pound carton

### Nutritional Value

One ounce of shelled unblanched almonds provides:

Calories . . . . .	165	Thiamin . . . . .	0.06 mg
Protein . . . . .	5.6 g	Riboflavin . . . . .	0.22 mg
Carbohydrate . . . . .	5.8 g	Niacin . . . . .	0.95 mg
Fat . . . . .	14.8 g	Iron . . . . .	1.0 mg
Cholesterol . . . . .	0	Calcium . . . . .	75 mg
Vitamin A . . . . .	0	Phosphorus . . . . .	147 mg
Vitamin C . . . . .	0.2 mg	Potassium . . . . .	208 mg
		Sodium . . . . .	3 mg

### Yield

One pound of shelled whole almonds with skins will yield about 3-1/8 cups of whole nuts or about 3-1/2 cups of chopped nuts.

### Uses

Almonds may be used in rice dishes, vegetable dishes, casseroles, stuffings, salads, baked goods, and desserts, or be combined with raisins and granola. Use almonds for any dish that calls for peanuts or a bread crumb topping.

### Storage

Store almonds in original carton in a cool, dry place. Refrigeration is recommended. Opened almonds should be tightly resealed and refrigerated or frozen. Almonds have a shelf life of 12 months at 32 °F.

### Preparation

#### TO ROAST/TOAST:

*Conventional oven:* Spread almonds on a sheet pan that has been lightly coated with vegetable oil (for roasting use ungreased sheet pan). Bake at 350 °F for about 10 minutes. Stir occasionally for even browning.

*Convection oven:* Roast at 300 °F for approximately 7 minutes. Roasting/toasting times may differ depending on quantity and almond size. Small quantities and smaller pieces roast faster.

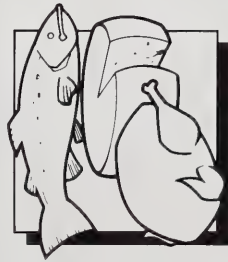
Almonds will continue to brown slightly after being removed from the oven.

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NOTE: Nuts and seeds meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA's Child Nutrition Programs and must be combined in the meal with at least 50 percent of other meat or meat alternates. Any meat or meat alternate must be served in the main dish *or* in the main dish and one other menu item.





## Facts About USDA Commodities

# Almond Butter

### Product Description

Almond butter is made from dry roasted almonds (U.S. Grade 1 pieces or better) and ground to a very fine, very even texture, and is practically free from dark or grainy particles. The color is light brown. Contains almonds, sugar, salt, and stabilizer (uses no tropical oils).

### Pack Size

Six No. 10 cans  
per case

### Nutritional Value

Two tablespoons of almond butter provide:

Calories .....	202	Thiamin .....	0.04 mg
Protein .....	4.8 g	Riboflavin .....	0.20 mg
Carbohydrate .....	6.8 g	Niacin .....	0.92 mg
Fat .....	18.9 g	Iron .....	1.18 mg
Cholesterol .....	0	Calcium .....	86 mg
Vitamin A .....	0	Phosphorus .....	168 mg
Vitamin C .....	0.2 mg	Potassium .....	242 mg
		Sodium .....	4 mg

**Yield**  
One No. 10 can (108 ounces) will yield 97.5 2-tablespoon servings of almond butter.

### Uses

Serve almond butter on crackers for snacks or in sandwiches. Also use in cookie recipes and in other baked products.

### Storage

Store almond butter off the floor in a cool, dry place. Avoid freezing or sudden changes in temperature. Keep opened cans of almond butter covered in refrigerated storage. Rotate use. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	36 months	18 months	9 months

### Preparation

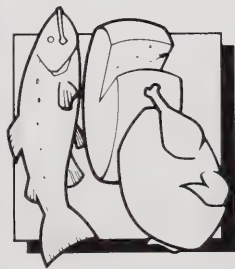
Almond butter can be used in any recipe that calls for peanut butter. It is ready to serve and can be used in sandwiches, breads, muffins, cookies, cakes, and pies. Mix almond butter with other toppings to use on ice cream and other desserts.







## Facts About USDA Commodities



# Beans, Lima, Dry and Canned

## Product Description

Dry lima beans (large)

Canned dried baby lima beans,  
cooked and packed in brine

## Pack Size

25-pound bag

Six No. 10 cans  
per case

## Storage

Store dry beans and canned beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes molding. Cooked beans or opened canned beans may be refrigerated up to 2 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

## Yield

One pound of dry large lima beans yields 27 1/4-cup servings of cooked beans. One pound of dry lima beans yields 23.4 1/4-cup servings of cooked beans. One No. 10 can (105 oz) of dried baby limas yields the followings: 72 ounces (11-3/4 cups) drained or 41 1/4-cup servings of heated drained beans.

## Uses

Use cooked dry or canned dried lima beans in soups, salads, and entrees, or serve as a vegetable. Canned dried limas are ready for immediate use. Canned beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.

Temperature	40 °F	70 °F	90 °F
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## Shelf life

Dry	24 months	12 months	9 months
Canned	72 months	36 months	18 months

## Nutritional Value

A 1/4-cup serving of cooked dry lima beans with no added salt provides:

Calories.....	65	Thiamin.....	0.06 mg
Protein.....	3.9 g	Riboflavin.....	0.03 mg
Carbohydrate.....	12.2 g	Niacin.....	0.33 mg
Fat.....	0.3 g	Iron.....	1.5 mg
Cholesterol.....	0	Calcium.....	14 mg
Vitamin A.....	0	Phosphorus.....	73 mg
Vitamin C.....	0	Potassium.....	291 mg
		Sodium.....	1 mg

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A 1/4-cup serving of canned lima beans, drained solids (heated), provides:

Calories	40	Thiamin	0.01 mg
Protein	2.3 g	Riboflavin	0.02 mg
Carbohydrates	7.8 g	Niacin	0.21 mg
Fat	0.1 g	Iron	1.0 mg
Cholesterol	0	Calcium	12 mg
Vitamin A	61 IU	Phosphorus	30 mg
Vitamin C	1.5 mg	Potassium	94 mg
		Sodium	100 mg

**Preparation**

Dry beans: Sort beans to remove foreign matter, and rinse in cold water.

Soaking shortens cooking time and insures that the beans will hold their shape.

**TO SOAK:**

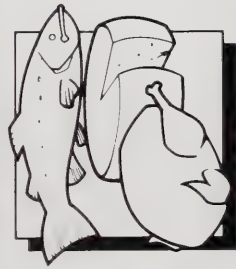
*Overnight Method:* Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Cook immediately after soaking period. Longer periods for soaking are not recommended.

*Quick-Soak Method:* Pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

**TO COOK:**

Use approximately 1-3/4 quarts of boiling water for each pound of beans. One pound of large lima beans equals about 2-5/8 cups. One pound of small lima beans equals about 2-3/8 cups. Add 1/2 teaspoon salt for every pound of dry beans. Cook for approximately 1 hour. Add additional boiling water if beans become dry. Drain, if desired. Serve or use in recipes.





## Facts About USDA Commodities

# Beans, Red, Dry and Canned

### Product Description

Pinto, pink bean, light red kidney, dark red kidney, red bean:

Dry beans

25-pound bag or  
100-pound bag  
for processing

Canned dried packed in brine

Six No. 10 cans  
per case

### Pack Size

**Uses**  
Use cooked dry or canned beans in soups, salads, and entrees. Serve one variety of beans alone or in combination with others. Cooked beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.

### Storage

Store dry beans and canned beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes molding. Cooked beans or opened canned beans may be refrigerated up to 2 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
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### Yield

One pound of dry beans yields the following:  
Kidney - 24.8 1/4-cup servings of cooked beans;  
pinto - 24.9 1/4-cup servings of cooked beans. One pound of dry beans equals about 2-3/8 cups dry and yields about 6 cups of cooked beans.

One No. 10 can of dried beans (108 oz) yields the following: Kidney - 72 oz (11-1/3 cups) drained or 41.9 1/4-cup servings of heated drained beans; pinto - 93 oz (11-5/8 cups) drained or 43.3 1/4-cup servings of heated drained beans.

Shelf life			
Dry	24 months	12 months	9 months
Canned	72 months	36 months	18 months

(Continued on back)

## Nutritional Value

A 1/4 cup serving of cooked dry red kidney beans with no added salt provides:

Calories . . . . .55  
Protein . . . . .3.6 g  
Carbohydrate . . . . .9.9 g  
Fat . . . . .0.2 g  
Cholesterol . . . . .0  
Vitamin A . . . . .2 IU  
Vitamin C . . . . .0

Thiamin . . . . .0.05 mg  
Riboflavin . . . . .0.02 mg  
Niacin . . . . .0.32 mg  
Iron . . . . .1.1 mg  
Calcium . . . . .18 mg  
Phosphorus . . . . .65 mg  
Potassium . . . . .157 mg  
Sodium . . . . .1 mg

1/4 cup of canned red kidney beans (solids and liquid) packed in brine provides:

Calories . . . . .55  
Protein . . . . .3.6 g  
Carbohydrate . . . . .10.5 g  
Fat . . . . .0.3 g  
Cholesterol . . . . .0  
Vitamin A . . . . .2 IU  
Vitamin C . . . . .0

Thiamin . . . . .0.03 mg  
Riboflavin . . . . .0.02 mg  
Niacin . . . . .0.38 mg  
Iron . . . . .1.2 mg  
Calcium . . . . .18 mg  
Phosphorus . . . . .70 mg  
Potassium . . . . .168 mg  
Sodium\* . . . . .217 mg

\*Sodium in canned kidney beans from USDA Home and Garden Bulletin No. 233

## Preparation

Dry beans: Sort beans to remove foreign matter, and rinse in cold water.

Soaking shortens cooking time and insures that the beans will hold their shape.

### TO SOAK:

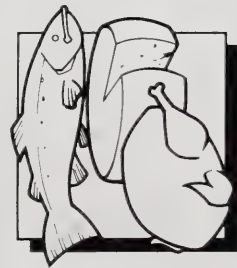
*Overnight Method:* Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Cook immediately after soaking period. Longer periods for soaking are not recommended.

*Quick-Soak Method:* Pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

### TO COOK:

Use approximately 1-3/4 quarts of boiling water for each pound of beans. One pound of kidney beans equals about 2-1/2 cups. One pound of pinto beans equals about 2-3/8 cups. Add 1/2 teaspoon salt for every pound of dry beans. Cook for approximately 2 hours. Add additional boiling water if beans become dry. Drain, if desired. Serve or use in recipes.





## Facts About USDA Commodities

# Beans, Refried, Canned

### Product Description

U.S. Grade 2 pinto beans,  
vegetable oil, seasonings

### Pack Size

Six No. 10 cans  
per case

### Yield

One No. 10 can (7 lb 3 oz) yields about 25.7 1/2-cup servings of refried beans or 51.5 1/4-cup servings of refried beans.

### Uses

Refried beans may be used either as a vegetable or a meat/meat alternate. Served as an accompaniment to a main dish, refried beans may be topped with grated cheese or picante sauce. As part of the main dish, refried beans may be featured in various Mexican entrees, such as bean burritos, bean tostadas, chiles rellenos, or nachos frijoles.

### Storage

Canned refried beans should be stored off the floor in a cool, dry place. Store opened refried beans in a covered, nonmetallic container in the refrigerator and use within 2 days. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	72 months	36 months	18 months

### Nutritional Value

A 1/4-cup serving of refried beans, heated, provides:

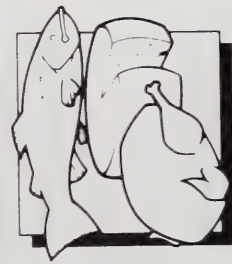
Calories	67	Thiamin	0.03 mg
Protein	3.9 g	Riboflavin	0.03 mg
Carbohydrate	11.7 g	Niacin	0.20 mg
Fat	0.7 g	Iron	1.1 mg
Cholesterol	0	Calcium	29 mg
Vitamin A	0	Phosphorus	53 mg
Vitamin C	2.8 mg	Potassium	248 mg
		Sodium	267 mg

### Preparation

Refried beans should be heated slowly at a low to medium temperature in a steam-jacketed kettle, or in a steamer to an internal temperature of 140 °F. Stir occasionally to distribute heated beans. Do not overheat — beans can burn and dry out quickly. Refried beans are best served hot.







Facts About USDA Commodities

# Beans, Vegetarian, Canned

## Product Description

Pea beans (navy) or small white beans in a meatless tomato sauce that is not highly seasoned

## Pack Size

Six No. 10 cans  
per case

## Yield

One No. 10 can (110 oz) of vegetarian beans yields 48.9 1/4-cup servings of cooked beans.

## Uses

Serve vegetarian beans heated or use in casseroles, or in baked beans. Serve vegetarian beans with pork and chicken.

## Storage

Store vegetarian beans off the floor in a cool, dry place. Temperature changes shorten shelf life and speed deterioration of the beans. Refrigerate opened canned vegetarian beans in a covered, nonmetallic container and use within 2 days. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	48 months	24 months	12 months

## Nutritional Value

A 1/4-cup serving of vegetarian beans, in sauce, heated, provides:

Calories . . . . .	60	Thiamin . . . . .	0.09 mg
Protein . . . . .	3.1 g	Riboflavin . . . . .	0.03 mg
Carbohydrate . . . . .	13.1 g	Niacin . . . . .	0.26 mg
Fat . . . . .	0.3 g	Iron . . . . .	0.2 mg
Cholesterol . . . . .	0	Calcium . . . . .	32 mg
Vitamin A . . . . .	82 IU	Phosphorus . . . . .	66 mg
Vitamin C . . . . .	1.2 mg	Potassium . . . . .	189 mg
		Sodium . . . . .	253 mg

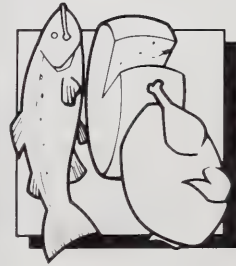
## Preparation

Heat and serve alone or use as directed in recipes.

Add onion, garlic, catsup, barbeque sauce, or mustard to vary flavor.







## Facts About USDA Commodities

# Beans, White, Dry and Canned

### Product Description

Navy (pea), small white, or Great Northern:

Dry beans

25-pound bag or  
100-pound bag  
for processing

Canned dried beans packed in brine

Six No. 10 cans  
per case

### Yield

One pound of dry Great Northern beans yields 25.5 1/4-cup servings of cooked beans. One pound of navy (pea) beans yields 23.9 1/4-cup servings of cooked beans.

One pound of dry beans equals about 2-1/4 cups dry or about 6 cups cooked beans.

### Uses

Use cooked dry beans in soups, salads, or entrees. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables. Canned beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.

### Storage

Store dry beans and canned beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes molding. Cooked beans or opened canned beans may be refrigerated up to 2 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life			
Dry	24 months	12 months	9 months
Canned	72 months	36 months	18 months

### Nutritional Value

A 1/4-cup serving of cooked navy beans with no added salt provides:

Calories	.....55	Thiamin	.....0.06 mg
Protein	.....3.7 g	Riboflavin	.....0.03 mg
Carbohydrate	.....10 g	Niacin	.....0.33 mg
Fat	.....0.3 g	Iron	.....1.3 mg
Cholesterol	.....0	Calcium	.....24 mg
Vitamin A	.....0	Phosphorus	.....70 mg
Vitamin C	.....0	Potassium	.....198 mg
		Sodium	.....3 mg

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## **Preparation**

*Dry beans:* Sort beans to remove foreign matter, and rinse in cold water.

Soaking shortens cooking time and insures that the beans will hold their shape.

### **TO SOAK:**

*Overnight Method:* Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Cook immediately after soaking period. Longer periods for soaking are not recommended.

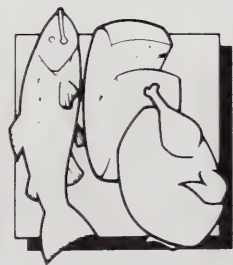
*Quick-Soak Method:* Pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

### **TO COOK:**

Use approximately 1-3/4 quarts of boiling water for each pound of beans. One pound of Great Northern beans equals about 2-1/2 cups. One pound of Navy (pea) beans equals about 2-1/4 cups. Add 1/2 teaspoon salt for every pound of beans. Cook for 1 to 2 hours. Add additional boiling water if beans become dry. Drain, if desired. Serve or use in recipes.

---





## Facts About USDA Commodities

# Beef, Canned with Natural Juices

### Product Description

Beef with no more than 1 percent salt added for flavor

### Pack Size

24 29-ounce cans per case

### Nutritional Value

One ounce of heated canned beef provides:

### Yield

One 29-ounce can provides 14.7 1-ounce servings of heated meat.

### Uses

Canned beef is thoroughly cooked during processing and may be used in main dishes, such as barbecued beef, pizza, spaghetti sauce, and casseroles. Substitute canned beef for ground beef, beef cubes, or similar meats in recipes.

### Storage

Store unopened canned beef off the floor in a cool, dry place. Store opened canned beef in a covered, nonmetallic container in the refrigerator. Use within 2 days. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	60 months	36 months	18 months

Calories .....	42	Thiamin .....	Trace
Protein .....	5.7 g	Riboflavin .....	0.03 mg
Carbohydrate .....	0	Niacin .....	Trace
Fat .....	2.1 g	Iron .....	0.7 mg
Cholesterol .....	12 mg	Calcium .....	1 mg
Vitamin A .....	13 IU	Phosphorus .....	50 mg
Vitamin C .....	0	Potassium .....	86 mg
		Sodium .....	118 mg

### Preparation

Canned beef may be chopped, cubed, ground, or sliced and used in recipes. When sliced the beef can be served cold, or can be heated and served hot.

Place canned beef in refrigerator overnight before opening and slicing.

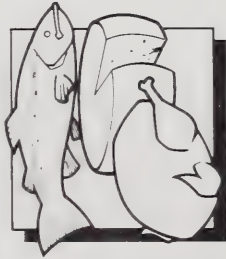
Chilling meat makes it easier to remove the fat from the meat. The natural juices from the beef can be used for part of the liquid required by many main dish and soup recipes.

Chill only as many cans as will be needed for 1 day's use. Using a can opener, remove both the bottom and top lids of the can and push the beef through with the bottom lid.





## Facts About USDA Commodities



# Beef, Ground, Bulk, Frozen (not to exceed 22 percent)

### Product Description

100 percent ground beef. Fat content may range from 20 to 22 percent.

### Pack Size

36-pound case with four or six bags or casings weighing about 9 or 6 pounds each

### Yield

One pound of raw ground beef will provide 11.6 1-ounce servings of cooked meat.

### Uses

Serve bulk ground beef as patties or use in mixed dishes, such as in tacos, chili, meat loaf, or other macaroni, vegetable and beef casseroles. Use as a topping on pizza or in sauces for spaghetti and lasagna.

### Storage

Store frozen ground beef hard-frozen in original shipping container off the floor at 0 °F or below. Use within 9 months.

### Nutritional Value

One ounce of ground beef (containing 22 percent fat), cooked, provides:

Calories .....	76	Thiamin .....	0.01 mg
Protein .....	6.8 g	Riboflavin .....	0.05 mg
Carbohydrate .....	0 g	Niacin .....	1.21 mg
Fat .....	5.2 g	Iron .....	0.6 mg
Cholesterol .....	22 mg	Calcium .....	3 mg
Vitamin A .....	0	Phosphorus .....	36 mg
Vitamin C .....	0	Potassium .....	63 mg
		Sodium .....	23 mg

### Preparation

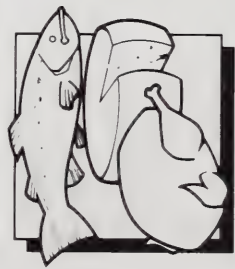
#### TO THAW:

Thaw only the amount needed for 1 day's use. Avoid leftovers. Schedule thawing so that the meat will be cooked soon after it is thawed. **Do not thaw at room temperature or in water.**

Remove from carton and thaw in original wrappings in refrigerator (35 to 40 °F). Space blocks or packages of meat on refrigerator shelves so air can circulate freely. Allow 1-1/2 hours per pound of meat for thawing or 18 to 24 hours for thawing 12 to 15 pounds of ground beef.







Facts About USDA Commodities

# Beef, Ground, Bulk, Frozen (not to exceed 24 percent)

## Product Description

100 percent ground beef. Fat content may range from 18 to 24 percent, averaging 22 percent

## Pack Size

36-pound case with four or six bags or casings weighing about 9 or 6 pounds each

## Yield

One pound of raw ground beef will provide 11.6 1-ounce servings of cooked meat.

## Uses

Serve bulk ground beef as patties or use in combination dishes. For example: chili, country fried steak, meatloaf, pizza, spaghetti, and lasagna.

## Storage

Store frozen ground beef hard-frozen in original shipping container off the floor at 0 °F or below. Use within 9 months.

## Nutritional Value

One ounce of ground beef (containing 24 percent fat), cooked, provides:

Calories .....	80	Thiamin .....	0.02 mg
Protein .....	6.9 g	Riboflavin .....	0.06 mg
Carbohydrate .....	0	Niacin .....	1.53 mg
Fat .....	5.8 g	Iron .....	0.6 mg
Cholesterol .....	24 mg	Calcium .....	2 mg
Vitamin A .....	0	Phosphorus .....	53 mg
Vitamin C .....	0	Potassium .....	87 mg
		Sodium .....	23 mg

## Preparation

### TO THAW:

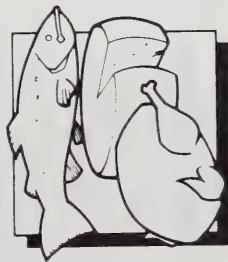
Thaw only amount needed for 1 day's use. Avoid leftovers. Schedule thawing so that the meat will be cooked soon after it is thawed. Do not thaw at room temperature or in water. Remove from carton and thaw in original wrappings in refrigerator (35 to 40 °F). Space blocks or packages of meat on refrigerator shelves so that air can circulate around them. Allow 1-1/2 hours per pound of meat for thawing, or 18 to 24 hours for thawing 12 to 15 pounds of ground beef.





## Facts About USDA Commodities

# Beef, Ground, Patties, Frozen



### Product Description

Three-ounce ground beef patties  
(not exceeding 24 percent fat)

### Pack Size

36-pound  
container of  
approximately  
192 patties

### Yield

One pound yields about 5.3 3-ounce ground beef patties.  
Each 3-ounce raw meat patty yields about 2 ounces of  
cooked lean meat.

### Uses

Ground beef patties may be pan-fried or pan-broiled.

### Storage

Store ground beef patties hard-frozen in original  
shipping container off the floor at 0 °F or below.  
Best if used within 4 months.

### Nutritional Value

One 3-ounce raw patty, when cooked without added salt,  
provides:

Calories . . . . .	165	Thiamin . . . . .	0.03 mg
Protein . . . . .	13.8 g	Riboflavin . . . . .	0.13 mg
Carbohydrate . . . . .	0	Niacin . . . . .	3.06 mg
Fat . . . . .	11.7 g	Iron . . . . .	1.2 mg
Cholesterol . . . . .	49 mg	Calcium . . . . .	4 mg
Vitamin A . . . . .	0	Phosphorus . . . . .	107 mg
Vitamin C . . . . .	0	Potassium . . . . .	175 mg
		Sodium . . . . .	45 mg

### Preparation

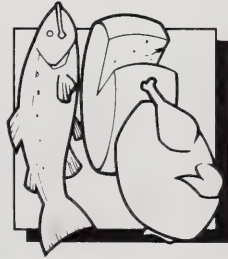
Beef patties should be cooked from the frozen state to  
prevent moisture loss. Partially thaw in refrigerator only  
until patties can be easily separated. Separate and place  
patties onto sheet pans. Avoid injury — do not separate  
with a knife or sharp-edged object.

Bake in deck or convection oven at 400 °F, 5 to 7  
minutes, or until brown and cooked throughout. Serve as  
soon as possible. Holding on a steamtable or in a  
holding cabinet will cause them to dry and toughen.





## Facts About USDA Commodities



# Beef, Ground, Patties, and Vegetable Protein Product (VPP), Frozen

## Product Description

Three-ounce ground beef patties (combination of ground beef and vegetable protein product formed into patties). Maximum of 20 percent hydrated soy product in the combined finished product. The dry soy product must meet nutritional requirements established in USDA/FNS regulations. The average fat content shall not exceed 22 percent.

## Pack Size

36-pound container of approximately 192 patties

## Nutritional Value

One 3-ounce raw patty when cooked (2 ounces) without added salt provides:

Calories .....	142	Thiamin .....	0.03 mg
Protein .....	14.1 g	Riboflavin .....	0.13 mg
Carbohydrate .....	3.9 g	Niacin .....	3.06 mg
Fat .....	7.8 g	Iron .....	1.2 mg
Cholesterol .....	19 mg	Calcium .....	4 mg
Vitamin A .....	0	Phosphorus .....	107 mg
Vitamin C .....	0	Potassium .....	175 mg
		Sodium .....	45 mg

## Yield

One pound yields about 5.3 3-ounce ground beef patties. Each 3-ounce raw meat patty yields about 2 ounces of cooked lean meat.

## Uses

Ground beef patties may be baked or broiled in an oven, pan-fried or pan-broiled. For variety, top with low-fat cheese, tomato sauce, mushrooms, onions, or other toppings. Season as desired.

## Storage

Store ground beef patties with VPP hard-frozen in original shipping container off the floor at 0 °F or below. Best if used within 4 months.

## Preparation

Beef patties with VPP should be cooked from the frozen state to prevent moisture loss. Partially thaw in the refrigerator until patties can be easily separated. Separate and place patties onto sheet pans. Avoid injury—do not separate with a knife or sharp-edged object.

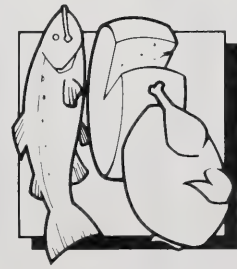
Bake in standard (deck) oven or convection oven as suggested below:

Deck oven	350 °F	18 to 20 minutes
Convection oven	350 °F	6 to 10 minutes

Add seasoning, if desired, after cooking. Serve as soon as possible. Holding on a steamtable or in a holding cabinet will cause them to dry and toughen.







## Facts About USDA Commodities

# Beef Roast, Frozen, Ready to Cook

### Product Description

Boneless chuck roll roasts, top round roasts, and round tip roasts. U.S. Choice grade or higher

### Pack Size

Frozen roasts, 5 to 12 pounds each. Only one type per 48- to 60-pound container

### Yield

One pound of raw boneless beef roast provides 9.6 1-ounce servings of cooked beef.

### Uses

After roasting, portion and serve with natural juices. Slice thin for hot or cold roast beef sandwiches, or marinated salads. Cube beef and use in stews or stir-fry entrees.

### Storage

Store frozen roasts at 0 °F or below and off the floor in the original shipping containers. Use within 12 months of pack date. Hold thawed beef roasts no longer than 24 hours before cooking. Cooked beef roasts should be refrigerated and used within 5 days.

### Nutritional Value

A 1-ounce serving of roast beef (11 percent fat), cooked, provides:

Calories . . . . .	75	Thiamin . . . . .	0.02 mg
Protein . . . . .	8.1 g	Riboflavin . . . . .	0.05 mg
Carbohydrate . . . . .	0	Niacin . . . . .	1.59 mg
Fat . . . . .	4.4 g	Iron . . . . .	1.0 mg
Cholesterol . . . . .	27 mg	Calcium . . . . .	3 mg
Vitamin A . . . . .	6 IU	Phosphorus . . . . .	71 mg
Vitamin C . . . . .	0	Potassium . . . . .	91 mg
		Sodium . . . . .	20 mg

### Preparation

Boneless beef roasts may be cooked after thawing or from the frozen state. Cooking roasts from the frozen state eliminates thawing and unnecessary handling but requires additional cooking time.

**HANDLE BEEF ROASTS PROPERLY TO AVOID SPOILAGE OR FOOD POISONING.**

(Continued on back)

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### **TO THAW:**

Remove packages of beef roasts from shipping containers and place them in single layers on sheet pans or trays spaced on shelves to allow air to circulate in refrigerator. Allow 1 to 2 days to thaw completely. Thaw only amount needed for 1 day's use. Avoid leftovers.

Cook beef roasts within 24 hours after thawing.

**DO NOT THAW AT ROOM TEMPERATURE OR IN WATER AND DO NOT REFREEZE.**

### **TO ROAST:**

Place roasts fat side up in roasting pan. Do not cover or add water. Insert thermometer in center part of roast away from bone. (If cooked from the frozen state, roast for 1 hour, then insert thermometer.)

Roast at 325 °F in a conventional oven. Cook to an internal temperature of 160 °F.

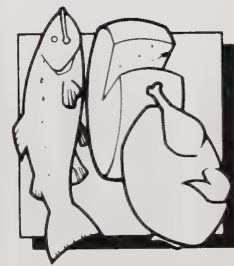
Length of time for cooking varies due to size, weight, shape, and meat cut used. In general, thawed cuts of meat require 28 minutes per pound; frozen cuts require 32 minutes per pound.

Cool 20-30 minutes before slicing.

For "well done" meat, roast to an internal temperature of 170 °F. Longer cooking time results in a lower yield and less juicy meat.

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## Facts About USDA Commodities

# Cheese, American

## Pasteurized Process

### Product Description

Pasteurized process American cheese is a blend of fresh and aged natural cheese (such as cheddar, colby, etc.) that has been melted, pasteurized, and mixed with an emulsifier according to FDA's Standard of Identity.

### Pack Size

Six 5-pound loaves

Freezing cheese is not recommended because texture may become stringy or crumbly. If necessary to freeze, separate the 5-pound loaves in order to freeze quickly. Freeze for only a few months. Thaw slowly by putting the cheese directly into the refrigerator from the freezer. Thaw in original wrappings.

If the original wrap is removed, rewrap cheese tightly with plastic film wrap without airpockets. When cheese is exposed to air, molding and dehydration may occur. To protect cheese from mold, always work with it in a clean area.

### Yield

One pound of cheese yields 16 1-ounce servings.

### Uses

Serve as is, in sandwiches, with fruit, and in cooked dishes such as sauces, casseroles, or breads; or as a garnish for salads or other foods.

### Storage

Refrigerate cheese in the original container until ready to use. Cheese may be stored for at least 1 year at a constant 32 °F in its original pack.

Always reseal and return remaining cheese to the original box to keep pressure on the surface. You may keep well-wrapped cheese at 30 to 35 °F for 3 to 4 weeks.

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## Nutritional Value

One ounce of pasteurized process American cheese provides:

Calories.....	105	Thiamin.....	0.01 mg
Protein.....	6.3 g	Riboflavin.....	0.10 mg
Carbohydrate.....	0.4 g	Niacin.....	0.02 mg
Fat.....	8.9 g	Iron.....	0.1 mg
Cholesterol.....	27 mg	Calcium.....	175 mg
Vitamin A.....	343 IU	Phosphorus.....	211 mg
Vitamin C.....	0	Potassium.....	46 mg
		Sodium.....	406 mg

## Preparation

Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good slicing and melting properties. Loaves of cheese can be easily sliced with a meat slicer or wire cutter. Cheese shreds more easily immediately after being removed from refrigeration. Once frozen, cheese is best used shredded or diced. Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.

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## Facts About USDA Commodities

# Cheese, Cheddar

### Product Description

Cow's milk with salt. Enzymes and artificial coloring may be added.

### Pack Size

40-pound block

### Yield

One pound of cheese yields 16 1-ounce servings.

### Uses

Serve cheddar cheese as is with fruit, in sandwiches, and as a garnish for salads or other foods; or use in cooked dishes such as sauces, combination dishes, or breads.

### Storage

Refrigerate cheese in the original container until ready to use. Cheese may be stored for at least 1 year at a constant 32 °F in its original pack.

Freezing cheese is not recommended because texture may become stringy or crumbly. If necessary to freeze, cut the cheese into individual 5-pound loaves in order to freeze quickly and wrap well. Freeze for only a few months. Thaw frozen cheese in the refrigerator in the original wrappings.

If the original wrap is removed, rewrap cheese tightly with plastic film wrap without airpockets. When cheese is exposed to air, molding and dehydration may occur. To protect cheese from mold, always work with it in a clean area.

Always reseal and return remaining cheese to the original box to keep pressure on the surface. You may keep well-wrapped cheese at 30 to 35 °F for 3 to 4 weeks.

### Nutritional Value

One ounce of cheese provides:

Calories .....	115	Thiamin .....	0.01 mg
Protein .....	7.1 g	Riboflavin .....	0.11 mg
Carbohydrate .....	0.4 g	Niacin .....	0.02 mg
Fat .....	9.4 g	Iron .....	0.2 mg
Cholesterol .....	30 mg	Calcium .....	204 mg
Vitamin A .....	300 IU	Phosphorus .....	145 mg
Vitamin C .....	0	Potassium .....	28 mg
		Sodium .....	176 mg

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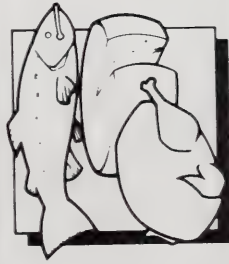
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## **Preparation**

To cut cheese, let it warm to room temperature for at least 24 to 36 hours, depending on the size of the block. Permit air to circulate around all sides of each box. Cheese at 70 to 80 °F is ready to cut. To lessen crumbling, cut 40-pound blocks into smaller blocks with a wire cutter instead of a knife.

Previously frozen cheese should only be shredded or diced. Cook all dishes containing cheese at low temperature since cheese toughens and becomes rubbery and stringy at high temperature. When used for garnish or flavor, add cheese just before food is removed from the heat.

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## Facts About USDA Commodities

# Cheese, Mozzarella

### Product Description

Low-moisture, part-skim mozzarella cheese

### Pack Size

Various Sizes:  
 8 5.25-pound,  
 8 6-pound,  
 6 7.5-pound, or  
 3 20-pound\*  
 loaves

When cheese is exposed to air, molding and dehydration may occur. To protect cheese from mold, always work with it in a clean area.

Always reseal and return remaining cheese to the original box to keep pressure on the surface. You may keep well-wrapped cheese at 30 to 35 °F for 3 to 4 weeks.

### Nutritional Value

One ounce of mozzarella cheese, low-moisture and part-skim, provides:

Calories . . . . .	70	Thiamin . . . . .	Trace
Protein . . . . .	6.9 g	Riboflavin . . . . .	0.09 mg
Carbohydrate . . . . .	0.8 g	Niacin . . . . .	0.03 mg
Fat . . . . .	4.5 g	Iron . . . . .	0.1 mg
Cholesterol . . . . .	16 mg	Calcium . . . . .	183 mg
Vitamin A . . . . .	166 IU	Phosphorus . . . . .	131 mg
Vitamin C . . . . .	0	Potassium . . . . .	24 mg
		Sodium . . . . .	132 mg

### Yield

One pound of cheese yields 16 1-ounce servings.

### Uses

Mozzarella cheese may be eaten as is with fruit, in sandwiches, or in cooked dishes such as lasagna and pizza. It may be used as a garnish for salads or other foods.

### Storage

Store frozen mozzarella in the original container off the floor at 0 °F. Use within 1 year of pack date.

Thaw frozen cheese in the refrigerator in the original wrappings. If the original wrap is removed, rewrap cheese tightly with plastic film wrap without air pockets.

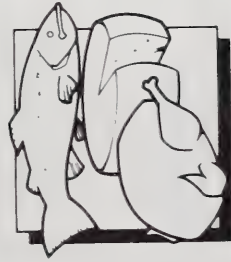
### Preparation

Loaves of cheese can be easily sliced with a meat slicer or wire cutter. Cheese shreds more easily immediately after being removed from refrigeration. Dishes containing cheese should be cooked at low temperatures since cheese toughens and gets stringy at high temperatures.





## Facts About USDA Commodities



# Chicken, Canned with Natural Juices

## Product Description

Not less than 89 percent chicken; not more than 10 percent chicken broth; no more than 1 percent salt added for flavor

## Pack Size

12 50-ounce cans  
24 29-Ounce cans

## Nutritional Value

One ounce of heated canned chicken provides:

Calories .....	50	Thiamin .....	Trace
Protein .....	6.2 g	Riboflavin .....	0.04 mg
Carbohydrate .....	0	Niacin .....	1.80 mg
Fat .....	2.2 g	Iron .....	0.4 mg
Cholesterol .....	18 mg	Calcium .....	4 mg
Vitamin A .....	33 IU	Phosphorus .....	32 mg
Vitamin C .....	0.6 mg	Potassium .....	39 mg
		Sodium .....	38 mg

## Yield

One 50-ounce can will provide 35.9 1-ounce servings of heated chicken. One 29-ounce can will provide 20.8 1-ounce servings of heated chicken.

## Uses

Canned chicken is fully cooked during processing and may be used in main dishes, such as chicken salad, barbecued chicken, and creamed chicken, or in chicken noodle soup.

## Storage

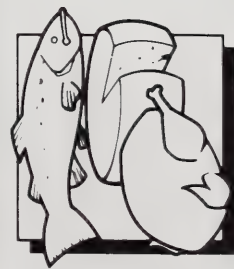
Store unopened cans off the floor in a cool, dry place. Store opened chicken covered, in a nonmetallic container, in the refrigerator and use within 5 days. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	60 months	36 months	18 months

## Preparation

Place canned chicken in refrigerator overnight. Chill only as many cans as will be needed for 1 day's use. Chilling meat in container will permit easier removal of fat from meat. Using a can opener, remove both the bottom and top lids of the can and push the chicken through with the bottom lid. The chicken is best cut across the grain and handled as little as possible to prevent it from becoming stringy. Use the natural juices from the chicken for part of the liquid in many main dish and soup recipes.





## Facts About USDA Commodities

# Chicken, Cut-Up, Frozen

### Ingredients

Chicken parts from broilers or fryers cut into 8 pieces. Weight of chicken is 2-½ to 3-¼ pounds without neck and giblets. Wings may be replaced with other parts.

### Pack Size

40-pound carton with parts packed in three layers or bags

### Uses

Chicken may be baked or oven-fried, broiled, barbecued, or simmered.

### Storage

Store chicken hard-frozen in original shipping container off the floor at 0 °F or below. Use within 8 months.

### Nutritional Value

One ounce of chicken flesh and skin, roasted without added salt, provides:

Calories . . . . .	.70	Thiamin . . . . .	0.01 mg
Protein . . . . .	7.7 g	Riboflavin . . . . .	0.03 mg
Carbohydrate . . . . .	0	Niacin . . . . .	2.41 mg
Fat . . . . .	3.9 g	Iron . . . . .	0.4 mg
Cholesterol . . . . .	25 mg	Calcium . . . . .	.4 mg
Vitamin A . . . . .	34 IU	Phosphorus . . . . .	.52 mg
Vitamin C . . . . .	0	Potassium . . . . .	.63 mg
		Sodium . . . . .	.23 mg

### Preparation

FROZEN, CUT-UP CHICKEN MUST BE PROPERLY HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD POISONING.

- Thaw only the amount needed for 1 day's use. Avoid leftovers.
- Thaw in refrigerator (35 to 40 °F) overnight on sheet pans.
- If accidentally thawed, cook promptly.
- Do not thaw at room temperature or in water. Do not refreeze.
- After thawing, wash thoroughly in cold water. Drain.
- Cook promptly or refrigerate and cook within 24 hours after thawing.
- Do not partially cook one day and finish cooking the next.
- Serve promptly. Refrigerate any leftovers and use within 2 days.
- Sort pieces so that pieces of similar size are cooked together.
- Chicken is done when juices from thickest parts are clear with no pink color.

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## ***Yield***

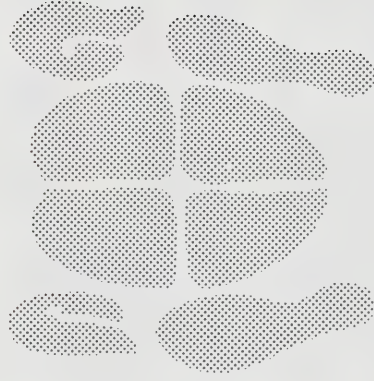
One 40-pound box provides:

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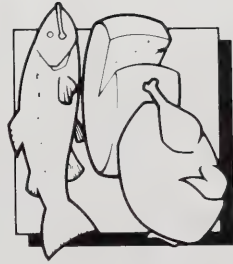
### ***8-piece cut:***

Between 73 and 96 servings (98 to 128 pieces, depending on size of chickens used) of at least 2 ounces of cooked chicken.

A serving of at least 2 ounces of cooked chicken consists of 1 breast half with back, or 1 thigh with back, or 1 drumstick and 1 wing.



## Facts About USDA Commodities



# Chicken Meat, Frozen, Cooked, Diced

## Product Description

Chicken meat is cooked and ready to eat without reheating or further cooking. Breast and leg meat are cut into irregular shapes and diced into 1/2-inch square cuts, leaving pieces with random natural depth and shape. Pieces are individually quick-frozen and packed into poly bags.

## Pack Size

One 40-pound box containing four 10-pound bags

## Nutritional Value

One ounce of diced chicken meat, cooked, provides:

Calories .....	51	Thiamin .....	0.02 mg
Protein .....	8.3 g	Riboflavin .....	0.05 mg
Carbohydrate .....	0	Niacin .....	2.81 mg
Fat .....	1.8 g	Iron .....	0.3 mg
Cholesterol .....	26 mg	Calcium .....	4 mg
Vitamin A .....	12 IU	Phosphorus .....	58 mg
Vitamin C .....	0 mg	Potassium .....	71 mg
		Sodium .....	24 mg

## Yield

One 40-pound box provides approximately 320 2-ounce servings of cooked chicken. One 10-pound bag provides approximately 80 2-ounce servings of cooked chicken.

## Uses

Use diced chicken meat on salads, in pocket sandwiches, in mixed dishes, or tossed with pasta. Dip in honey, sweet and sour sauce, catsup, or serve with barbecue sauce.

## Storage

Store frozen bags of chicken meat off the floor at 0 °F or below. Chicken can be poured from the bag as needed and will keep its high quality for up to 6 months. Partially filled bags should be kept tightly closed.

## Preparation

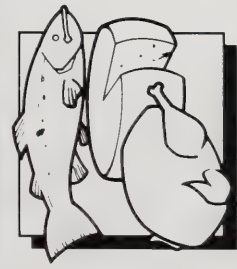
FROZEN CHICKEN MEAT MUST BE PROPERLY HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD POISONING

## TO THAW:

Keep diced chicken in the poly bag or pour into a clean covered container. Thaw in the refrigerator at 36 °F to 45 °F for 24 hours. Keep thawed chicken in the refrigerator until needed. Use within 2 days after thawing. Do not refreeze thawed chicken.







## Facts About USDA Commodities

# Chicken, Thighs and Drumsticks, Frozen

### Product Description

Thighs and drumsticks from young broiler/fryer chickens, U.S. Grade A

### Pack Size

40-pound carton containing approximately 82 thighs and 82 drumsticks

### Nutritional Value

One ounce of chicken thigh with skin, roasted with no added salt, provides:

Calories	.....70	Thiamin	.....0.02 mg
Protein	.....7.1 g	Riboflavin	.....0.05 mg
Carbohydrate	.....0	Niacin	.....1.80 mg
Fat	.....4.4 g	Iron	.....0.4 mg
Cholesterol	.....26 mg	Calcium	.....3 mg
Vitamin A	.....35 IU	Phosphorus	.....49 mg
Vitamin C	.....0	Potassium	.....63 mg
		Sodium	.....24 mg

### Yield

Thighs weigh between 3.0 and 5.8 ounces; average is about 4.0 ounces. One 4.0-oz thigh yields about 2.1 ounces of cooked poultry.

Drumsticks weigh between 2.3 and 4.5 ounces with average about 3.7 ounces. One 3.7-oz drumstick yields about 1.8 ounces of cooked poultry.

### Uses

Chicken may be baked or oven-fried, broiled, barbecued, or simmered.

### Storage

Store chicken hard-frozen in original shipping containers off the floor at 0 °F or below. Use within 8 months.

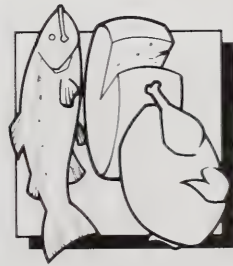
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## ***Preparation***

FROZEN, CUT-UP CHICKEN MUST BE PROPERLY HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD POISONING.

- Thaw only the amount needed for 1 day's use. Avoid leftovers.
  - Thaw in refrigerator (35 to 40 °F) overnight on sheet pans.
  - If accidentally thawed, cook promptly.
  - Do not thaw at room temperature or in water. Do not refreeze.
  - After thawing, wash thoroughly in cold water. Drain.
  - Cook promptly or refrigerate and cook within 24 hours after thawing.
  - Do not partially cook one day and finish cooking the next.
  - Serve promptly. Refrigerate any leftovers and use within 2 days.
  - Sort pieces so that pieces of similar size are cooked together.
  - Chicken is done when juices from thickest parts are clear with no pink color.
-

## Facts About USDA Commodities



# Chicken Parts, Battered/Breaded, Frozen, Cooked

## Product Description

Cooked, batter/breaded, frozen parts from chickens weighing 2-1/2 to 3-1/4 pounds without necks and giblets (9-piece cut). Batter/breading (not to exceed 22 percent) consists of enriched flour, salt, spices, and other seasonings.

## Pack Size

30-pound case

## Nutritional Value

One batter/breaded fried breast portion without back (about 3.7 ounces edible portion), cooked, provides:

Calories .....273  
Protein .....26.0 g  
Carbohydrate .....9 g  
Fat .....13 g  
Cholesterol .....89 mg  
Vitamin A .....53 IU  
Vitamin C .....0

Thiamin .....0.10 mg  
Riboflavin .....0.12 mg  
Niacin .....11.04 mg  
Iron .....1.4 mg  
Calcium .....21 mg  
Phosphorus .....194 mg  
Potassium .....211 mg  
Sodium .....288 mg

## Yield

One 30-pound box provides between 65 and 84 servings (83 to 108 pieces depending on size of chickens used) of at least 2 ounces of cooked chicken. A serving consists of 1 breast portion with back (1-1/2 servings of bread), or 1 breast portion without back (1 bread), or 1 thigh with back (2 breads), or 1 drumstick (1 bread) and 1 wing (3/4 bread).

## Uses

Chicken parts are ready to heat and serve.

## Storage

Store chicken parts hard-frozen in original shipping containers off the floor at 0 °F or below. Use within 4 months. Refrigerate cooked (heated) pieces and use within 2 days.

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## ***Preparation***

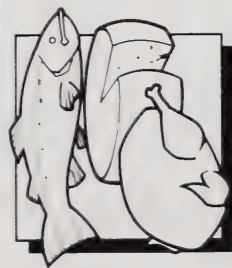
FROZEN CHICKEN PARTS MUST BE PROPERLY HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD POISONING.

CHICKEN SHOULD NOT BE THAWED BEFORE HEATING. If parts accidentally thaw before heating, heat promptly. Do not refreeze.

### ***TO HEAT:***

Place frozen chicken parts in a single layer on sheet pans. Heat thoroughly in a preheated oven, approximately 1 hour in a 450 °F deck oven or approximately 35 minutes in a 350 °F convection oven, or until crisp and golden. Drumsticks and wings may be heated in separate pans since they require less time to heat.

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## Facts About USDA Commodities

# Egg Mix, Dried

### Product Description

Dried whole egg solids, not less than 51 percent; nonfat dry milk solids, not less than 30 percent; vegetable oil (corn oil or soybean oil or cottonseed oil), not less than 15 percent; iodized salt, not more than 1 percent. The moisture content is not more than 3 percent.

### Pack Size

Four 10-pound polyethylene bags

### Yield

One pound (about 4-1/8 cups) of dried egg mix yields 16 servings of one large egg each. One hundred servings require 6.25 pounds of dried egg mix. Twelve ounces (3-1/8 cups) of dried egg mix and 3 cups water are equivalent to 12 (one dozen) large eggs.

### Uses

Use only in thoroughly cooked products such as scrambled eggs or long-cooked casseroles, or baked products such as cornbread, pancakes, cookies, muffins, and baked custard. Do not use dried egg mix in egg-milk drinks, ice cream, or uncooked salad dressings.

### Storage

Store unopened bags of dried egg mix in a cool, dry place. Use within 12 to 15 months.

Store unused portion in the refrigerator, either in the resealable bag or in a tightly closed container.

NOTE: The dried egg mix has been pasteurized in accordance with USDA requirements. It has been tested and found to be salmonella negative.

### Nutritional Value

One ounce of dried egg mix (equivalent to one large egg) provides:

Calories	160	Thiamin	0.08 mg
Protein	10.0 g	Riboflavin	0.33 mg
Carbohydrate	5.3 g	Niacin	0.12 mg
Fat	10.6 g	Iron	1.2 mg
Cholesterol	291 mg	Calcium	141 mg
Vitamin A	504 IU	Phosphorus	190 mg
Vitamin C	0.5 mg	Potassium	225 mg
		Sodium	237 mg

(Continued on back)

## ***Preparation***

HANDLE DRIED EGG MIX PROPERLY TO AVOID SPOILAGE OR FOOD POISONING.

### ***TO RECONSTITUTE:***

Sift dried egg mix into required amount of warm water in a mixer bowl and mix with a wire beater at low speed until well blended.

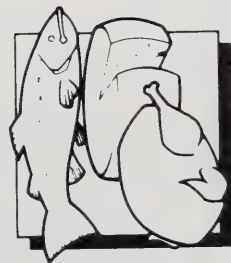
Reconstitute only the quantity of dried egg mix needed for the recipe and use immediately. Weigh the dried egg mix or sift and measure.

Dried egg mix can be reconstituted for use in recipes or it can be sifted with the dry ingredients and the water added to other liquid ingredients.

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## Facts About USDA Commodities



# Eggs, Whole, Frozen

## Product Description

Whole eggs, frozen

## Pack Size

4-pound cartons with eight cartons per 32-pound case, or 5-pound cartons with six cartons per 30-pound case

## Storage

Store frozen eggs at 0 °F or below in the freezer. Always thaw eggs in the refrigerator (35-40 °F) in an unopened container. Thaw only the amount needed. USE THAWED EGGS WITHIN 24 HOURS.

## Nutritional Value

One large egg (equivalent to 3 tablespoons) provides:

Calories .....	75	Thiamin .....	0.03 mg
Protein .....	6.3 g	Riboflavin .....	0.25 mg
Carbohydrates .....	0.6 g	Niacin .....	0.04 mg
Fat .....	5.0 g	Iron .....	0.7 mg
Cholesterol .....	213 mg	Calcium .....	25 mg
Vitamin A .....	317 IU	Phosphorus .....	89 mg
Vitamin C .....	0	Potassium .....	60 mg
		Sodium .....	63 mg

## Preparation

Handle frozen eggs properly to avoid spoilage or food poisoning. Wash hands and sanitize all preparation surfaces and tools used to prepare egg dishes.

## Yield

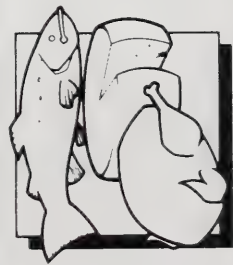
Each 5-pound carton contains 45 large eggs. Each 4-pound carton contains 36 large eggs. One large egg equals 3 tablespoons of frozen egg.

Number of shell eggs (Large size)	Weight	Frozen whole eggs Measure
9	1 lb	2 cups less 2 Tbsp
10	1 lb 1 <sup>3</sup> / <sub>4</sub> oz	2 cups
12	1 lb 5 <sup>1</sup> / <sub>2</sub> oz	2 <sup>1</sup> / <sub>2</sub> cups
25	2 lb 13 oz	1 qt 1 <sup>1</sup> / <sub>4</sub> cups

## Uses

Frozen eggs can be used in place of shell eggs only in thoroughly cooked products such as baked breads, cakes, long-cooked casseroles, and thoroughly baked custards. Frozen whole eggs should not be used in uncooked or slightly heated foods such as milk drinks, ice cream, uncooked salad dressings, cream puddings, soft custards, or omelets/scrambled eggs cooked on top of the range.





## Facts About USDA Commodities

# Fish Nuggets, (Alaskan Pollock), Frozen

### Product Description

At least 60 percent Alaskan Pollock (pieces of whole fish flesh, not ground) formed from natural fillets, fillet pieces, or blocks; coated with enriched commercial flour-based batter/breading; flash-fried until coating is set and brown. Fish remains chilled and uncooked.

### Yield

The frozen fried Alaskan Pollock fish nuggets weigh a minimum of 0.8 ounce each. Five of these fish nuggets provide the equivalent of one 2-ounce serving of cooked fish and 2-1/4 servings of bread.

### Uses

The fish nuggets are ready for oven-cooking, straight from the freezer. After cooking, the nuggets can be served plain or with a sauce or dip.

### Storage

Store the frozen fried fish nuggets hard frozen in the original shipping container off the floor at 0 °F or below. Best if used within 6 months.

### Nutritional Value

A serving of five fish nuggets (0.8 oz each), cooked, provides:

Calories	290	Thiamin	0.12 mg
Protein	18.3 g	Riboflavin	0.15 mg
Carbohydrate	22.9 g	Niacin	2.29 mg
Fat	13.4 g	Iron	1.7 mg
Cholesterol	21 mg	Calcium	54 mg
Vitamin A	85 IU	Phosphorus	199 mg
Vitamin C	trace	Potassium	312 mg
		Sodium	558 mg

### Preparation

FROZEN FRIED ALASKAN POLLOCK FISH NUGGETS MUST BE PROPERLY HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD POISONING.

NUGGETS SHOULD NOT BE THAWED BEFORE HEATING. If nuggets accidentally thaw, cook immediately. *Do not refreeze.*

Place frozen nuggets in a single layer on sheet pans.

Cook in a preheated oven at 425 °F: in a conventional oven for 16 to 19 minutes or in a convection oven for 13 to 15 minutes. Serve promptly.

Serve with barbeque sauce, salsa, sweet and sour sauce, yogurt, or tartar sauce.





Facts About USDA Commodities



# Ham, Boneless, Frozen, Cooked

## Product Description

Prepared with USDA-inspected fresh pork

## Pack Size

36-pound case containing four 9-pound hams

## Yield

One pound cooked ham yields 12.48 1-ounce servings of lean meat.

## Uses

Serve hot or cold, as sliced ham, in sandwiches, as ham salad, ham loaf, or in casseroles with macaroni, noodles, potatoes, rice, or corn grits.

## Storage

Store frozen hams at or below 0 °F in original container. Use as quickly as possible within 1 to 2 months for best quality.

## Nutritional Value

A 1-ounce serving, heated, provides:

Calories.....	50	Thiamin.....	0.21 mg
Protein.....	6.4 g	Riboflavin.....	0.09 mg
Carbohydrate.....	0	Niacin.....	1.74 mg
Fat.....	2.6 g	Iron.....	0.4 mg
Cholesterol.....	16.7 mg	Calcium.....	2 mg
Vitamin A.....	0	Phosphorus.....	80 mg
Vitamin C.....	6.4 mg	Potassium.....	116 mg
		Sodium.....	425 mg

## Preparation:

### TO THAW:

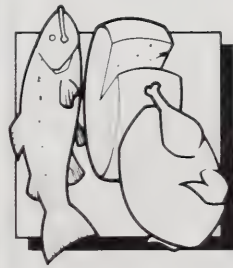
Remove only amount needed. Thaw in refrigerator (36-45 °F) for about 15-18 hours.

### TO HEAT:

After thawing, cook within 24 hours at 325 °F to an internal temperature of 140 °F (about 2 hours). Cook with or without casings. Remove casings before serving.







## Facts About USDA Commodities

# Peanut Butter, Smooth or Crunchy

### Product Description

Peanut butter, U.S. Grade A, finely ground with a smooth texture. If chunky style, the texture is grainy with particles of peanuts.

### Yield

One No. 10 can (108 oz) will yield about 97.5 2-tablespoon servings.

### Uses

Serve peanut butter in sandwiches and baked items.

### Storage

Store peanut butter off the floor in a cool, dry place. Avoid freezing and sudden changes in temperature. Keep opened cans of peanut butter covered in refrigerated storage. Rotate use. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	36 months	18 months	9 months

### Nutritional Value

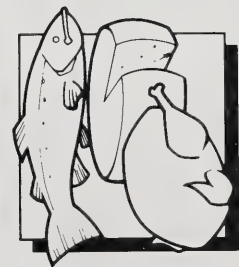
Two tablespoons of peanut butter provide:

Calories .....	190	Thiamin .....	0.05 mg
Protein .....	9.1 g	Riboflavin .....	0.03 mg
Carbohydrate .....	5.1 g	Niacin .....	4.30 mg
Fat .....	16.4 g	Iron .....	0.6 mg
Cholesterol .....	0	Calcium .....	11 mg
Vitamin A .....	0	Phosphorus .....	120 mg
Vitamin C .....	0	Potassium .....	219 mg
		Sodium .....	150 mg

### Preparation

Peanut butter can be used to flavor pies, cakes, and cookies. Add peanut butter to batter for flavorful biscuits. Blend peanut butter and milk to make a vegetable sauce or peanut soup. Mix peanut butter with pudding, or with chocolate sauce as a topping for ice cream and desserts.





## Facts About USDA Commodities

# Peanuts, Roasted, Shelled and Peanut Granules (Unsalted)

## Product Description

Roasted peanuts (shelled) unsalted, of the Virginia, runner, or Spanish variety. Peanut granules are chopped roasted peanuts.

## Pack Size

Six No. 10 cans  
per case

## Yield

One No. 10 can (56 oz) of peanut granules or 1 No. 10 can (64 oz) of roasted peanuts equals 11.9 cups of nuts.

## Uses

Serve roasted peanuts and peanut granules plain or add to casseroles, stuffings, muffins, baked items, salads, and desserts.

## Storage

Store unopened cans of peanuts in cool, dry place. After opening, keep peanuts covered in the refrigerator and use as soon as possible. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	60 months	24 months	12 months

## Nutritional Value

One ounce of shelled, chopped roasted peanuts provides:

Calories	165	Thiamin	0.08 mg
Protein	7.6 g	Riboflavin	0.03 mg
Carbohydrate	5.2 g	Niacin	4.20 mg
Fat	13.9 g	Iron	0.5 mg
Cholesterol	0	Calcium	24 mg
Vitamin A	0	Phosphorus	143 mg
Vitamin C	0	Potassium	199 mg
		Sodium	4 mg

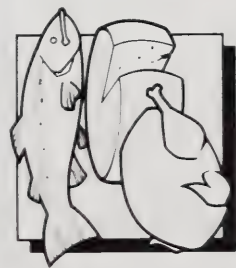
## Preparation

Use roasted peanuts in granola bars and cereal; combine with raisins for a nutritious snack. Add roasted peanuts to muffins, cakes, and desserts or use in stuffing for chicken, turkey, or pork. Roasted peanuts can be chopped into peanut granules. Add to vegetable and rice dishes or use as a coating for chicken. Add to cakes, cookies, and frostings or use as a garnish over casseroles, pudding, gelatin, or ice cream.

NOTE: Nuts and seeds meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA's Child Nutrition Programs and must be combined in the meal with at least 50 percent of other meat or meat alternates. Any meat or meat alternate must be served in the main dish or in the main dish and one other menu item.







*Facts About USDA Commodities*

# Peas or Beans, Blackeye, Dry or Canned

## Product Description

Seeds of blackeye peas, dried

## Pack Size

25-pound bag

Canned blackeye beans packed in brine

Six No. 10 cans per case

## Yield

One pound of dry blackeye beans yields 28.3 1/4-cup servings of cooked beans. One No. 10 can of blackeye beans (105 oz) yields 43 1/4-cup servings of heated drained beans. One can equals approximately 72 oz (11-3/8 cups) of drained beans.

## Uses

Blackeyes may be used in bean salads, soups, chili, entrees, or as a vegetable. Serve blackeyes with pork or chicken. Canned blackeyes may be substituted for cooked dry blackeyes in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.

## Storage

Store dry and canned blackeyes off the floor in a cool, dry place. High temperatures cause hardening of dry blackeyes; high humidity may cause molding. Cooked blackeyes may be refrigerated up to 2 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life			
Dry	24 months	12 months	9 months
Canned	72 months	36 months	18 months

## Nutritional Value

A 1/4-cup serving of cooked, drained, dry blackeyes with no added salt provides:

Calories	50	Thiamin	0.09 mg
Protein	3.2 g	Riboflavin	0.02 mg
Carbohydrate	8.6 g	Niacin	0.25 mg
Fat	0.2 g	Iron	0.8 mg
Cholesterol	0	Calcium	11 mg
Vitamin A	5 IU	Phosphorus	59 mg
Vitamin C	0	Potassium	143 mg
		Sodium	5 mg

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## **Preparation**

*Dry beans:* Sort beans to remove foreign matter, and rinse in cold water.

Soaking shortens cooking time and insures that the beans will hold their shape.

### **TO SOAK:**

*Overnight Method:* Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Cook immediately after soaking period. Longer periods of soaking are not recommended.

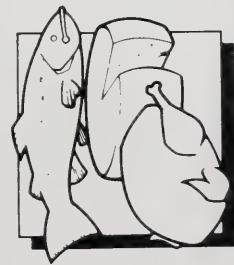
*Quick-Soak Method:* Pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

### **TO COOK:**

Use approximately 1-3/4 quarts boiling water for each pound of beans. One pound of blackeyes equals about 2-3/4 cups. Add 1/2 teaspoon salt for every pound of beans. Cook for approximately 1 1/2 hour. Add additional boiling water if beans become dry. Drain, if desired. Serve or use in recipes.

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## Facts About USDA Commodities

# Peas, Split, and Lentils, Dry

## Product Description

Dry split peas of the yellow or green variety

## Pack Size

25-pound bag

## Nutritional Value

A 1/4-cup serving of cooked split peas with no added salt provides:

## Lentils

## Yield

One pound of split peas yields 23.1 1/4-cup servings of cooked peas. One pound of lentils yields 29.6 1/4-cup servings of cooked lentils.

## Uses

Use cooked dry split peas and lentils in soups, salads, casseroles, and entrees; or as meat extenders. Lentils are ready to eat after cooking. Season with butter, herbs, or spices.

## Storage

Store dry split peas and lentils in a cool, dry place. High temperatures cause peas and lentils to harden and high humidity causes molding. Cooked split peas and lentils may be refrigerated up to 2 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	24 months	12 months	9 months

Calories.....	60	Thiamin.....	0.07 mg
Protein.....	4.0 g	Riboflavin.....	0.04 mg
Carbohydrate.....	10.4 g	Niacin.....	0.45 mg
Fat.....	0.2 g	Iron.....	0.8 mg
Cholesterol.....	0	Calcium.....	6 mg
Vitamin A.....	15 IU	Phosphorus.....	44 mg
Vitamin C.....	0	Potassium.....	148 mg
		Sodium.....	6 mg

A 1/4-cup serving of cooked lentils with no added salt provides:

Calories.....	55	Thiamin.....	0.03 mg
Protein.....	3.9 g	Riboflavin.....	0.03 mg
Carbohydrate.....	9.6 g	Niacin.....	0.30 mg
Fat.....	0	Iron.....	1 mg
Cholesterol.....	0	Calcium.....	12 mg
Vitamin A.....	8 IU	Phosphorus.....	60 mg
Vitamin C.....	0	Potassium.....	124 mg
		Sodium.....	6 mg

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## **Preparation**

### **TO COOK DRY SPLIT PEAS:**

Cook dry split peas without soaking *OR* add split peas to boiling water. Boil 2 minutes. Remove from heat and let soak 1/2 hour.

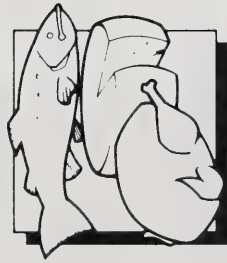
Use approximately 1-1/4 quarts boiling water for each pound of split peas. One pound of split peas equals about 2-1/4 cups. Add 1/2 teaspoon salt for every pound of split peas. Cook for approximately 20 minutes. Cook split peas in small batches to retain their shape and to avoid mashing. Drain and use in recipes.

### **TO COOK LENTILS:**

Cook lentils without soaking. Use approximately 1-3/4 quarts boiling water for each pound of lentils. One pound of lentils equals about 2-3/8 cups. Add 1/2 teaspoon salt for every pound of lentils. Cook for approximately 1/2 hour. Drain; use in recipes or serve.

Use dry split peas and lentils as meat extenders: To provide 100 2-oz servings, combine 16 pounds of ground beef with 3/4 pound pureed lentils or combine 15 pounds of ground beef with 1-1/2 pounds of pureed split peas and add tomato sauce.

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## Facts About USDA Commodities

# Pork, Canned with Natural Juices

### Product Description

Pork with no more than 1 percent salt added for flavor

### Pack Size

24 29-ounce (No. 2-1/2) cans per case

### Nutritional Value

A 1-ounce portion of cooked pork provides:

Calories .....	41	Thiamin .....	0.01 mg
Protein .....	5.4 g	Riboflavin .....	0.05 mg
Carbohydrate .....	0	Niacin .....	0.62 mg
Fat .....	2.2 g	Iron .....	0.2 mg
Cholesterol .....	12 mg	Calcium .....	1 mg
Vitamin A .....	0	Phosphorus .....	49 mg
Vitamin C .....	0	Potassium .....	94 mg
		Sodium .....	111 mg

### Yield

One 29-ounce can will provide 14.7 1-ounce portions of heated meat.

### Uses

Canned pork is thoroughly cooked during processing and may be used in main dishes, such as barbecued pork, pizza, spaghetti sauce, and casseroles.

### Storage

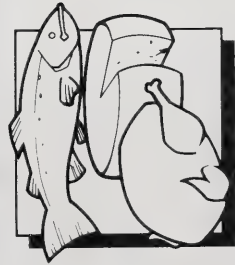
Store unopened canned pork off the floor in a cool, dry place. Store opened pork up to 5 days in the refrigerator in a covered, nonmetallic container.

### Preparation

Place canned pork in refrigerator overnight. Chilling meat in container will permit easier removal of fat from meat. Chill only as many cans as will be needed for 1 day's use. Using a can opener, remove both the bottom and top lids of the can and push the pork through with the bottom lid. The natural juices from the pork can be used for part of the liquid required by any main dish or soup recipe.







## Facts About USDA Commodities

# Pork, Ground, Frozen

### Product Description

Ground pork. Average fat content does not exceed 24 percent.

### Pack Size

36-pound case of four or six blocks or casings weighing 9 or 6 pounds each

### Nutritional Value

One ounce of cooked ground pork provides:

Calories . . . . .	.85	Thiamin . . . . .	0.16 mg
Protein . . . . .	6.9 g	Riboflavin . . . . .	0.06 mg
Carbohydrate . . . . .	0	Niacin . . . . .	1.70 mg
Fat . . . . .	6.3 g	Iron . . . . .	0.3 mg
Cholesterol . . . . .	27 mg	Calcium . . . . .	2 mg
Vitamin A . . . . .	1 IU	Phosphorus . . . . .	.68 mg
Vitamin C . . . . .	0	Potassium . . . . .	.88 mg
		Sodium . . . . .	.16 mg

### Yield

One pound of cooked ground pork will provide 11.6 1-ounce servings of meat.

### Uses

Serve ground pork alone as patties or use in combination dishes. For example: chili, meatloaf, pizza, spaghetti, and lasagna. Ground pork may be used in combination with ground beef.

### Storage

Store frozen ground pork in original shipping containers off the floor at 0 °F or below. Use within 9 months.

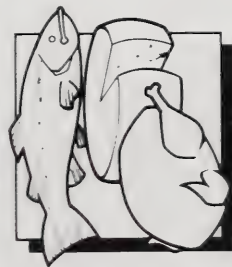
### Preparation

#### TO THAW:

Thaw only the amount needed for 1 day's use. Avoid leftovers. Schedule thawing so that the meat will be cooked soon after it is thawed. Do not thaw at room temperature or in water. Remove from carton and thaw in original wrappings in refrigerator (35 to 40 °F). Space blocks or packages of meat on refrigerator shelves so that air can circulate around them. Allow 1-1/2 hours per pound of meat for thawing. Cook ground pork within 24 hours after thawing. Do not refreeze. Cook at low to moderate heat until fully cooked.







## Facts About USDA Commodities

# Salmon, Pink, Canned

### Product Description

Pink salmon with salt added

### Pack Size

48 15-1/2-ounce  
cans per case or  
six 64-ounce  
cans per case

### Yield

One 64-ounce can of pink salmon will yield 48 1-ounce servings of heated fish. One 15-1/2-ounce can of pink salmon will yield 11.6 1-ounce servings of heated fish.

### Uses

Canned pink salmon is ready to serve in salads, sandwiches, and main dishes.

### Storage

Store unopened canned pink salmon off the floor in a cool, dry place. Temperature changes shorten shelf life and speed deterioration of the salmon. Store opened pink salmon under refrigeration, covered, in a nonmetallic container, and use within 24 hours. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	72 months	36 months	18 months

### Nutritional Value

One ounce of canned pink salmon plus liquid provides:

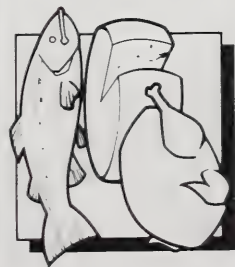
Calories	.....40	Thiamin	.....0.01 mg
Protein	.....5.8 g	Riboflavin	.....0.05 mg
Carbohydrate	.....0	Niacin	.....2.27 mg
Fat	.....1.7 g	Iron	.....0.2 mg
Cholesterol	.....10 mg	Calcium	.....56 mg*
Vitamin A	.....20 IU	Phosphorus	.....81 mg
Vitamin C	.....0	Potassium	.....102 mg
		Sodium	.....110 mg

\*Includes bones. If bones are removed calcium content is reduced.

### Preparation

All canned salmon contains bones. The bones soften during processing and are edible. Use in recipes specifying canned salmon.





*Facts About USDA Commodities*

# **Tuna, Chunk Light, Canned in Water**

## **Product Description**

Chunk light tuna in water (salt added)

## **Pack Size**

Six 66-1/2-ounce cans per case

## **Nutritional Value**

One ounce of chunk light tuna packed in water (drained) provides:

## **Yield**

One 66-1/2-ounce can of tuna provides 51.2 1-ounce servings of fish. One can equals approximately 51 ounces of drained tuna.

## **Uses**

Tuna is thoroughly cooked during processing. Serve as is or heated. Use tuna in salads, sandwiches, or main dishes.

## **Storage**

Store unopened canned tuna off the floor in a cool, dry place. Store opened canned tuna covered, in a nonmetallic container, under refrigeration and use within 2 to 4 days. The chart shows maximum storage at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	72 months	36 months	18 months

Calories .....	33	Thiamin .....	0.01 mg
Protein .....	6.4 g	Riboflavin .....	0.02 mg
Carbohydrate .....	0	Niacin .....	3.76 mg
Fat .....	0.2 g	Iron .....	0.4 mg
Cholesterol .....	8 mg	Calcium .....	3 mg
Vitamin A .....	16 IU	Phosphorus .....	46 mg
Vitamin C .....	0	Potassium .....	67 mg
		Sodium .....	96 mg

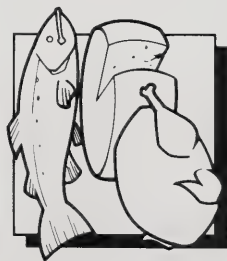
## **Preparation**

Chunk light tuna (small bite-size pieces of fish) is made from the skipjack, yellowfin, or bluefin varieties of tuna. The meat is light to dark in color and full in flavor.

Use in recipes specifying canned tuna.







## Facts About USDA Commodities

# Turkey, Ground, Frozen

### Product Description

100 percent ground turkey with an average fat content of 11 percent

### Pack Size

Four 10-pound casings per box

### Yield

One pound of raw ground turkey provides 10.7 1-ounce servings of cooked meat.

### Uses

Use in well-seasoned dishes such as chili, lasagna, spaghetti with meat sauce, burritos, pizza, tacos, meat loaf, tamale pie, and sloppy joes.

### Storage

Store frozen ground turkey at 0 °F or below. Store in original shipping containers and casings. For best quality, do not hold this product in storage for more than 3 months.

### Nutritional Value

A 1-ounce serving, cooked, provides:

Calories .....	65	Thiamin .....	0.01 mg
Protein .....	6.9 g	Niacin .....	0.05 mg
Carbohydrate .....	0 g	Riboflavin .....	1.37 mg
Fat .....	3.9 g	Iron .....	0.5 mg
Cholesterol .....	20 mg	Calcium .....	7 mg
Vitamin A .....	0	Phosphorus .....	56 mg
Vitamin C .....	0	Potassium .....	77 mg
		Sodium .....	24 mg

### Preparation

#### TO THAW:

Thaw ground turkey in refrigerator (35-40 °F). Remove blocks of ground turkey from original shipping containers and place in a single layer on sheet pans or trays. Position trays in the refrigerator so air can circulate freely. Allow up to 48 hours to thaw one 10-pound block of ground turkey for easy mixing. Blocks may be sliced to speed thawing, however, cut surfaces must be covered.

Do not thaw in standing water or at room temperature, since this will increase the potential for bacterial growth.

Keep thawed ground turkey refrigerated at 40 °F or below.  
(continued on back)

### **TO COOK:**

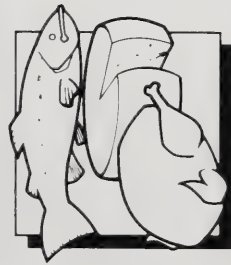
Cook ground turkey within 24 hours after thawing. Remove outer casing before cooking. It may be necessary to use a small amount of vegetable oil when browning turkey to prevent sticking. Cook ground turkey until raw "pink" color is no longer visible or until juice runs clear (approximately 20 minutes on low to medium heat). Heat any turkey-containing product to an internal temperature of at least 165 °F. Hold on a serving line maintaining 140 °F.

Immediately refrigerate leftovers at 35 °F to 40 °F and use within 2 days. Reheat to at least 165 °F.

**WASH HANDS AND SANITIZE ALL PREPARATION SURFACES AND TOOLS USED TO PREPARE RAW GROUND TURKEY.**

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## Facts About USDA Commodities

# Turkey, Frozen Whole

### Product Description

Fresh frozen ready-to-cook young turkeys without necks and giblets; may or may not be basted

### Pack Size

Four hens per container, each weighing 10 pounds or more; or  
Two toms per container, each weighing 15 to 22-1/2 pounds

### Nutritional Value

One ounce of roasted turkey, with skin and no added salt, provides:

Calories . . . . .	60	Thiamin . . . . .	0.01 mg
Protein . . . . .	8.0 g	Riboflavin . . . . .	0.04 mg
Carbohydrate . . . . .	0	Niacin . . . . .	1.44 mg
Fat . . . . .	2.8 g	Iron . . . . .	0.5 mg
Cholesterol . . . . .	23 mg	Calcium . . . . .	7 mg
Vitamin A . . . . .	0	Phosphorus . . . . .	58 mg
Vitamin C . . . . .	0	Potassium . . . . .	79 mg
		Sodium . . . . .	19 mg

### Yield

One pound of turkey yields 8.4 1-ounce portions of cooked turkey with skin; or 7.5 1-ounce portions without skin.

### Uses

Whole ready-to-cook turkey may be roasted or braised.

### Storage

Store whole ready-to-cook turkeys hard-frozen in original shipping containers off the floor at 0 °F or below. Use within 9 months.

(Continued on back)

## Preparation

FROZEN, READY-TO-COOK TURKEY MUST BE HANDLED PROPERLY TO AVOID SPOILAGE OR SERIOUS FOOD POISONING.

### TO THAW:

- Thaw only the amount needed for 1 day's use. Avoid leftovers.
- Thaw in refrigerator (35 to 40 °F) in original plastic wrappers until poultry is pliable. Allow time as follows: 18 lb and over, 2 to 3 days; under 18 lb, 1 to 2 days.
- Do not thaw at room temperature or in water.
- Do not refreeze.
- After thawing, wash thoroughly in cold water. Drain.
- Cook promptly or refrigerate and cook within 24 hours after thawing.
- Do not partially cook one day and finish cooking the next.
- Serve promptly. Refrigerate any leftovers and use within 2 days.

Table surface and equipment used to prepare whole turkey should be thoroughly cleaned and sanitized before being used to handle cooked foods.

Do not stuff turkey; bake stuffing separately.

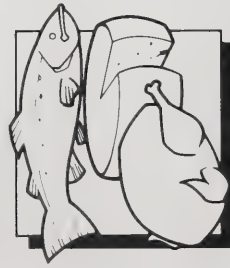
### TO ROAST:

Place whole turkeys in shallow roasting pans, breast side up. Insert a meat thermometer into the center of the meaty part of the inner side of the thigh (toward the body). Insert thermometer into the center of the thickest part of the breast or thigh piece. Be sure thermometer does not touch bone.

Roast at 325 °F. When turkey is half done, release legs to speed cooking. Use the table below as a guide to cooking time.

<i>Approximate Weight</i>	<i>Cooking Time</i>
12 to 16 lb	3-1/2 to 4-1/2 hours
16 to 21 lb	4-1/2 to 6 hours
21 to 26 lb	6 to 7-1/2 hours

Turkey is done when the thermometer registers 180 to 185 °F, juice from turkey is clear with no pink color, drumstick meat is soft, and leg joint moves easily.



## Facts About USDA Commodities

# Turkey Roasts, Frozen, Ready to Cook

### Product Description

Deboned turkey meat and skin, U.S. Grade A, with water, salt, and sodium phosphates added. (At least 45 percent breast meat, with a maximum of 34 percent thigh meat and 12.5 percent skin)

### Pack Size

Four frozen roasts, 8 to 12 pounds each, per container. The roasts in one container will not vary more than 2 pounds per roast. Each roast will be 9 to 17 inches in length and 4 to 7 inches in diameter and will be tied or placed in cotton netting.

### Storage

Store uncooked roasts hard-frozen, in original shipping containers, off the floor at 0 °F or below. Use within 7 months of pack date. Do not hold thawed turkey roasts for longer than 24 hours before cooking. Cooked turkey should be refrigerated and used within 2 days.

### Nutritional Value

A 1-ounce serving of cooked turkey roast, light and dark meat, lightly seasoned, provides:

Calories .....	45	Thiamin .....	0.01 mg
Protein .....	6.0 g	Riboflavin .....	0.04 mg
Carbohydrate .....	0.9 g	Niacin .....	1.78 mg
Fat .....	1.6 g	Iron .....	0.4 mg
Cholesterol .....	15 mg	Calcium .....	1 mg
Vitamin A .....	0	Phosphorus .....	69 mg
Vitamin C .....	0	Potassium .....	84 mg
		Sodium .....	193 mg

### Yield

One pound of raw turkey roast provides 10.5 1-ounce servings of cooked turkey.

### Uses

After roasting, serve as an entree, in sandwiches, in salads, or in any recipe specifying cooked turkey.

(Continued on back)



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## **Preparation**

HANDLE TURKEY ROASTS PROPERLY TO AVOID SPOILAGE OR FOOD POISONING.

Roasts may be cooked frozen or thawed. When cooked from the frozen state, the roasts may be more difficult to slice.

### ***SORTING:***

Sort roasts by weight and diameter to facilitate thawing and/or cooking.

### ***THAWING:***

Thaw only the amount needed for 1 day's use. Thaw in original casings in refrigerator at 35 to 40 °F. Place in single layers on sheet pans or trays and space on shelves so that air can circulate around wrapped poultry. The roasts may be cooked after thawing for 24 hours.

DO NOT THAW AT ROOM TEMPERATURE OR IN WATER *and* DO NOT REFREEZE.

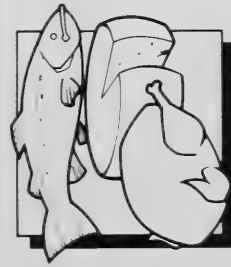
### ***COOKING:***

Remove casings. Place roasts, thawed or frozen, in shallow roasting pans. Insert a meat thermometer into the center of the roast. Cook at 325 °F in either a convection oven or a conventional oven for 3 to 5 hours. Turkey roasts are done when the thermometer registers an internal temperature of 170 °F.

THE DIAMETER OF THE ROASTS CAN AFFECT THE COOKING TIME MORE THAN THE WEIGHT. THE GREATER THE DIAMETER, THE LONGER THE COOKING TIME.

### ***SERVING:***

It is easier to slice and portion cooled roasts than hot roasts. If you use a mechanical slicer, chill the roast thoroughly before slicing. Also, the netting or twine is easier to remove when the roasts are cold. Promptly refrigerate any leftovers and use within 2 days.



## Facts About USDA Commodities

# Walnuts, Shelled

### Product Description

Shelled English or Persian walnuts,  
in small pieces

### Pack Size

30-pound  
container

### Yield

One pound of shelled walnuts equals about 3-3/4 cups of walnut pieces.

### Uses

Use walnuts in salads, fillings, spreads, quick breads, and other baked items, casseroles, and desserts. Also use walnuts in recipes calling for peanuts or a bread crumb topping.

### Storage

Store walnuts in original carton in a cool, dry place. Refrigeration is recommended. Once opened, walnuts should be tightly resealed and refrigerated or frozen. Walnuts have a shelf life of 10 to 20 months at 32 °F. Walnuts absorb strong odors. Avoid storing near fish, cheese, or onions.

### Nutritional Value

One ounce of shelled walnuts provides:

Calories.....	180	Thiamin .....	0.11 mg
Protein.....	4.1 g	Riboflavin .....	0.04 mg

Carbohydrate .....	5.2 g	Niacin .....	0.30 mg
Fat .....	17.6 g	Iron .....	0.7 mg
Cholesterol .....	0	Calcium .....	27 mg
Vitamin A .....	35 IU	Phosphorus .....	90 mg
Vitamin C .....	0.9 mg	Potassium .....	142 mg
		Sodium .....	3 mg

### Preparation

Toasting will keep walnuts crisp and crunchy when used in moist mixtures such as sauces, puddings, or gelatin salads. To toast, spread walnuts evenly in a shallow pan and bake at 350 °F, stirring several times, for 12 to 15 minutes or until golden brown. Cool.

Mix walnuts with sliced fruits or sprinkle them on cottage cheese. Add chopped walnuts to sandwich fillings such as egg, ham, chicken, or tuna salad. Add to cake batter and sprinkle on frosting. Sprinkle on puddings, ice cream, or cobblers.

NOTE: Nuts and seeds meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA's Child Nutrition Programs and must be combined in the meal with at least 50 percent of other meat or meat alternates. Any meat or meat alternate must be served in the main dish or in the main dish and one other menu item.





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# Vegetables and Fruits







## Facts About USDA Commodities

# Apples, Fresh

### Product Description

Fresh apples, U.S. Fancy Grade of the following varieties may be available:

Cortland*	McIntosh	Stayman*
Delicious	Newton Pippin	Winesap
Golden Delicious*	Red Delicious	Yellow Newton*
Ida-Red*	Rome Beauty**	York Imperial**
Jonathan*		

\* Dual purpose: eating and cooking

\*\* Good for cooking

### Yield

Depending on the size of the apple purchased, a 40-pound case may contain between 96 and 150 apples. The fewer apples per case, the larger the individual apple. Each case shows the apple size by count. The apples are approximately 3-1/8" in diameter for a count of 100, 2-7/8" for a count of 125, and 2-5/8" for a count of 150.

One pound of fresh apples yields 11.4 1/4-cup servings of raw pared fruit. One 2-1/2" apple equals 1/2 cup fruit.

### Uses

Serve fresh apples whole or sliced and serve with cheese, peanut butter, or yogurt dip. Use in salads or baked items.

### Storage

Maintaining proper relative humidity and temperature is most important in storing apples. Always refrigerate fresh apples. The optimum storage temperature for apples is 32 °F with 90 percent relative humidity. Apples should be stored in their original shipping containers. Keep apples in a well-ventilated area away from walls. These conditions best retard the ripening process and maintain high quality. Avoid temperatures below 32 °F. Apples may pick up off-flavors if stored with other foods.

The length of time apples can be held in cold storage varies with the variety and with the condition when harvested. At the temperature and humidity listed above, a generally acceptable storage period for most varieties is 3 months. Apples are best if used within a month or two of receipt. Controlled atmosphere can extend storage life another 2 to 4 months.

(Continued on back)



**Nutritional Value**

One 2-3/4" apple with skin (about 5/8 cup fruit) provides:

Calories.....	80	Thiamin.....	0.02 mg
Protein.....	0.3 g	Riboflavin.....	0.02 mg
Carbohydrate.....	21.1 g	Niacin.....	0.11 mg
Fat.....	0.6 g	Iron.....	0.3 mg
Cholesterol.....	0	Calcium.....	10 mg
Vitamin A.....	73 IU	Phosphorus.....	10 mg
Vitamin C.....	7.9 mg	Potassium.....	159 mg
		Sodium.....	0 mg

**Preparation**

Fresh apples are harvested mature and shipped hard or firm. The flesh of an apple gradually softens as it ripens. The ripeness can be checked by the apple's resistance to thumb pressure.

To prevent cut apples from browning, dip in a solution of lemon juice and water, consisting of 1 part juice to 3 parts water.





## Facts About USDA Commodities

# Applesauce, Canned

### Product Description

Canned applesauce, U.S. Grade A, regular (pureed) form with sugar or similar sweetener. Water and/or apple juice may be added.

### Pack Size

Six No. 10 cans  
per case

### Nutritional Value

A 1/4-cup serving of sweetened applesauce provides:

Calories .....	50	Thiamin .....	0.01 mg
Protein .....	0.1 g	Riboflavin .....	0.02 mg
Carbohydrate .....	12.7 g	Niacin .....	0.12 mg
Fat .....	0.1 g	Iron .....	0.3 mg
Cholesterol .....	0	Calcium .....	3 mg
Vitamin A .....	7 IU	Phosphorus .....	4 mg
Vitamin C .....	1.1 mg	Potassium .....	39 mg
		Sodium .....	2 mg

### Yield

One No. 10 can (108 ounces) of applesauce yields 47.6 1/4-cup servings of fruit. One can contains approximately 12 cups of fruit.

### Uses

Serve canned applesauce chilled or in baked items.

### Storage

Store unopened canned applesauce off the floor in a cool, dry place. Avoid freezing, sudden changes in temperature, and exposure to direct sunlight. Rotate use. Temperature changes shorten shelf life and speed deterioration. Store opened canned applesauce in a covered, nonmetallic container under refrigeration and use within 2 to 3 days. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	48 months	24 months	12 months

### Preparation

Serve chilled applesauce plain, with raisins, or spiced as a side dish or dessert. Applesauce mixed half and half with cranberry sauce is tasty with poultry or pork.

Applesauce may be added to meatloaf as a replacement for the liquid. Hot or cold applesauce with chopped nuts or grated orange rind is a good topping for pancakes, french toast, or waffles. Top gingerbread with chilled applesauce. Use applesauce as directed in recipes for baked items.







Facts About USDA Commodities

# Apples, Sliced, Canned

## Product Description

Apple slices packed in water

## Pack Size

Six No. 10 cans  
per case

## Yield

One No. 10 can (100 ounces) yields 50.4  $\frac{1}{4}$  cup servings of sliced apples. One No. 10 can equals about 89 ounces (11 $\frac{7}{8}$  cups) drained sliced apples.

## Uses

Sliced apples can be used in salads, mixed fruit compotes, apple crisps, cobblers, pies, or other apple desserts.

## Storage

Store canned apple slices off the floor in a cool, dry place. Avoid freezing, sudden changes in temperature, and exposure to direct sunlight. Rotate use. Temperature changes shorten shelf life and speed deterioration. Store opened canned apple slices in a covered, nonmetallic container under refrigeration and use within 2 to 3 days. The chart below shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf Life	48 months	24 months	12 months

## Nutritional Value

A $\frac{1}{4}$ -cup serving of sliced apples, cooked, provides:	
Calories .....	24
Protein .....	0.2 g
Carbohydrate .....	12.2 g
Fat .....	0.4 g
Cholesterol .....	0
Vitamin A .....	34 IU
Vitamin C .....	0
Thiamin .....	0.01 mg
Riboflavin .....	0.01 mg
Niacin .....	0.05 mg
Iron .....	0.1 mg
Calcium .....	4 mg
Phosphorus .....	7 mg
Potassium .....	79 mg
Sodium .....	1 mg

## Preparation

Serve sliced apples as a fruit or a dessert. Use when preparing mixed fruit salads or preparing apple pies and turnovers. Drain well to use in apple-nut breads and apple cake.





## Facts About USDA Commodities

# Apricots, Canned

### Product Description

Unpeeled whole or halved apricots, U.S. Grade B or better, with fruit juice or light syrup. Sugar or similar sweetener may be added.

### Pack Size

Six No. 10 cans  
per case

Temperature 40 °F 70 °F 90 °F  
Shelf life 48 months 24 months 12 months

### Nutritional Value

A 1/4-cup serving of canned apricots in light syrup provides:

Calories	40	Thiamin	0.01 mg
Protein	0.3 g	Riboflavin	0.01 mg
Carbohydrate	10.4 g	Niacin	0.19 mg
Fat	0.1 g	Iron	0.2 mg
Cholesterol	0	Calcium	7 mg
Vitamin A	836 IU	Phosphorus	8 mg
Vitamin C	1.7 mg	Potassium	87 mg
		Sodium	2 mg

### Yield

One No. 10 can (106 oz) of whole apricots yields 43.6 1/4-cup portions of fruit and syrup; one No. 10 can of halves yields 48.4 1/4-cup portions of fruit and syrup. Approximate drained weight of one can of whole pitted apricots is 53 ounces; of halves, 62 ounces. There are 26 to 54 halves per No. 10 can.

### Uses

Served canned apricots chilled or use in recipes for main dishes with poultry, pork, or fish. Use in recipes for breads, cakes, cookies, desserts, or glazes.

### Storage

Store unopened canned apricots off the floor in a cool, dry place. Avoid freezing, sudden changes in temperature, and exposure to direct sunlight. Rotate use. Temperature changes shorten shelf life and speed deterioration. Store opened canned apricots covered, in a nonmetallic container, under refrigeration and use within 2 to 4 days. The chart shows maximum storage periods at different temperatures.

### Preparation

Serve apricots chilled with syrup, or chilled and drained as part of fruit salads, or with cottage cheese. Combine with other fresh, canned, or frozen fruits for fruit cups or compotes. Serve drained and heated or at room temperature as a garnish for main dishes. Use as directed in recipes specifying apricots.







## Facts About USDA Commodities

# Beans, Green, Canned

<b>Product Description</b>	<b>Pack Size</b>	<b>Nutritional Value</b>
Green beans, U.S. Grade B or better, whole, cut, or sliced lengthwise (french style)	Six No. 10 cans per case	A 1/4-cup serving of drained, cut style, heated green beans provides:
<b>Yield</b>		Calories.....5
One No. 10 can (101 oz) of cut green beans will yield 45.3 1/4-cup servings of heated vegetables. Drained weight of one No. 10 can is approximately 60 ounces (12-7/8 cups).		Protein.....0.4 g
		Carbohydrate.....1.5 g
		Fat.....Trace
		Cholesterol.....0
		Vitamin A.....113 IU
		Vitamin C.....1.2 mg
		Thiamin.....Trace
		Riboflavin.....0.02 mg
		Niacin.....0.04 mg
		Iron.....0.3 mg
		Calcium.....9 mg
		Phosphorus.....6 mg
		Potassium.....37 mg
		Sodium.....85 mg

## Uses

Serve canned green beans heated or use in a variety of main dishes, soups, and salads.

## Storage

Store unopened canned green beans off the floor in a cool, dry place. Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration. Opened canned green beans may be stored in the refrigerator 2 to 4 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	48 months	24 months	12 months

(Continued on back)

## **Preparation**

### **TO HEAT:**

Drain off half of the liquid from the can. Pour green beans and remaining liquid into a stockpot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

OR

Pour green beans and remaining liquid into steamer pans. A 12" x 20" x 2-1/2" pan will hold the contents of two No. 10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.

Canned vegetables should be heated only to serving temperature and be served soon after heating. Canned green beans will become overcooked when held too long on a hot steamtable or in a holding cabinet.

Add flavor interest to canned green beans by using herbs and spices. Season green beans with caraway, dill, or sage.

Serve green beans in combination with other vegetables, such as whole-kernel corn, red peppers, cauliflower, broccoli, or onions.





## Facts About USDA Commodities

# Beans, Green, Frozen

### Product Description

Green beans, U.S. Grade B or better, whole, french, or cut style

### Pack Size

6 5-pound packages or  
30-pound bulk container.

### Nutritional Value

A 1/4-cup serving of cooked green beans provides:

Calories .....	10	Thiamin .....	0.02 mg
Protein .....	0.5 g	Riboflavin .....	0.02 mg
Carbohydrate .....	2.1 g	Niacin .....	0.11 mg
Fat .....	Trace	Iron .....	0.3 mg
Cholesterol .....	0	Calcium .....	15 mg
Vitamin A .....	180 IU	Phosphorus .....	8 mg
Vitamin C .....	2.4 mg	Potassium .....	38 mg
		Sodium .....	4 mg

### Yield

One pound of cut green beans will yield 11.6 1/4-cup servings of cooked vegetable.

### Uses

Serve frozen green beans cooked or use in a variety of main dishes, soups, and salads.

### Storage

Store unopened frozen green beans at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Use within 12 months of pack date. Opened, thawed green beans should be stored in a covered, nonmetallic container and used with 2 to 4 days.

(Continued on back)

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## Preparation

### TO COOK:

*Stockpot or steam-jacketed kettle:* Add frozen green beans to boiling water. If desired, add 1 teaspoon salt for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 10 to 20 minutes. Drain.

*Steamer:* Place frozen green beans in a single layer in a steamer pan. Steam uncovered at 5 pounds pressure for 10 to 15 minutes. Drain. Sprinkle 1 teaspoon salt over each 100 servings of vegetable, if desired.

Cook frozen green beans only until tender and crisp; they will continue to cook when held on a hot steamtable or in a holding cabinet. Green beans will become overcooked if held too long. Schedule cooking of frozen green beans so they will be served soon after cooking. Green beans, like most frozen vegetables, can be cooked without thawing.

Add flavor to green beans with herbs and spices such as caraway, dill, or sage.

Serve green beans in combination with other vegetables, such as whole-kernel corn, red peppers, cauliflower, mushrooms, or onions.

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Facts About USDA Commodities

# Blackberries, Frozen

## Product Description

Blackberries, U.S. Grade B or better, unsweetened. Either native variety (wild) or cultivated, individually quick-frozen.

## Pack Size

30-pound carton

## Yield

One pound of thawed unsweetened blackberries will provide 12 1/4-cup servings.

## Uses

Serve thawed blackberries in fruit cups and salads. Use in recipes for jellied salads, pies, cobbler, pancakes, muffins, quick breads, or other baked items.

## Storage

Store frozen berries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Under proper storage conditions, blackberries can keep up to 18 months. Temperature changes shorten shelf life and speed deterioration. Thawed blackberries may be stored in the refrigerator for 2 to 4 days in a covered, nonmetallic container.

## Nutritional Value

A 1/4-cup serving of unsweetened blackberries provides:

Calories.....	24	Thiamin.....	0.01 mg
Protein.....	0.4 g	Riboflavin.....	0.02 mg
Carbohydrate.....	5.9 g	Niacin.....	0.46 mg
Fat.....	0.2 g	Iron.....	0.3 mg
Cholesterol.....	0	Calcium.....	11 mg
Vitamin A.....	43 IU	Phosphorus.....	12 mg
Vitamin C.....	1.2 mg	Potassium.....	53 mg
		Sodium.....	Trace

## Preparation

Drain thawed berries before serving. Add berries last to fruit salads and other mixtures to avoid discoloring other fruits. To lighten the color of blackberries and blackberry juice (to make it appear more red) add an acid such as lemon, grapefruit, or orange juice.

To avoid streaking of color through batter and dough in baking, coat blackberries with flour or other dry ingredients and add to batter immediately. Do not refreeze blackberries.







## Facts About USDA Commodities

# Blueberries, Frozen

### Product Description

Blueberries, U.S. Grade B or better, unsweetened. Either native type (wild) or cultivated type, individually quick-frozen

### Pack Size

30-pound carton

### Nutritional Value

A 1/4-cup serving of unsweetened blueberries provides:

Calories.....	20	Thiamin.....	0.01 mg
Protein.....	0.2 g	Riboflavin.....	0.01 mg
Carbohydrate.....	4.7 g	Niacin.....	0.20 mg
Fat.....	0.2 g	Iron.....	0.1 mg
Cholesterol.....	0	Calcium.....	3 mg
Vitamin A.....	31 IU	Phosphorus.....	4 mg
Vitamin C.....	1.0 mg	Potassium.....	21 mg
		Sodium.....	Trace

### Yield

One pound of thawed unsweetened blueberries will provide 11.7 1/4-cup servings.

### Uses

Serve thawed blueberries in fruit cups, salads, and hot or cold cereals. Use in recipes for jellied salads, pies, cobblers, pancakes, muffins, or baked items.

### Storage

Store frozen blueberries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Under proper storage conditions, blueberries can keep up to 18 months. Temperature changes shorten shelf life and speed deterioration. Opened blueberries may be stored in the refrigerator for 2 to 4 days in a covered, nonmetallic container.

### Preparation

Drain frozen berries before serving. Add frozen blueberries last to fruit salads or other mixtures so as not to crush the berries or discolor other fruits. To lighten the color of blueberries and blueberry juice (to make it appear more red) add an acid such as lemon, grapefruit, or orange juice.

To avoid streaking of color through batter and doughs in baking, use frozen blueberries and coat with flour or dry ingredients. Add to batter at once. Do not refreeze blueberries.







## Facts About USDA Commodities

# Cherries, Frozen

### Product Description

Red, tart, pitted cherries  
(U.S. Grade B) and sugar

### Pack Size

30-pound can  
(25 pounds pitted  
cherries; 5 pounds  
dry sugar in cap  
on top of fruit)

### Yield

One pound of thawed cherries yields 7 1/4-cup portions  
of fruit and juice. One pound of cooked cherries yields  
5.9 1/4-cup portions of fruit and juice.

### Uses

Serve thawed cherries in fruit cups or salads; as a  
topping for pudding, ice cream, custard, or cake; or use  
in recipes for jellied salads, desserts, pies, puddings,  
cobblers, or quickbreads. If frozen cherries are substituted  
in a recipe for canned, unsweetened cherries, adjust the  
recipe for sugar.

### Storage

Store unopened frozen cherries at 0 °F or below, off the  
floor and away from walls to allow circulation of cold  
air. Stack cans tightly together to prevent temperature  
fluctuation. Temperature changes shorten shelf life and  
speed deterioration. Use within 24 months of the pack  
date. Opened thawed cherries may be refrigerated for 2  
to 4 days in a covered, nonmetallic container.

### Nutritional Value

A 1/4-cup serving of sweetened, red, tart, pitted cherries  
provides:

Calories .....	50	Thiamin .....	0.02 mg
Protein .....	0.3 g	Riboflavin .....	0.01 mg
Carbohydrate .....	12 g	Niacin .....	0.05 mg
Fat .....	0.2 g	Iron .....	0.2 mg
Cholesterol .....	0	Calcium .....	5 mg
Vitamin A .....	337 IU	Phosphorus .....	6 mg
Vitamin C .....	0.7 mg	Potassium .....	48 mg
		Sodium .....	Trace

### Preparation

The sugar (5 pounds per can) is packed as a cap on top  
of the fruit (25 pounds per can). Before use, thoroughly  
mix the fruit and sugar to assure that the cherries are  
uniformly sweetened.

Thaw in the original container in the refrigerator  
between 36 and 45 °F. Allow 2 to 3 days to thaw  
(approximately 2 hours per pound).





## Facts About USDA Commodities

# Corn, Whole-Kernel, Canned (Liquid Pack)

### Product Description

Whole-kernel corn, U.S. Grade B  
or better, with water. Sugar and salt  
may be added.

### Pack Size

Six No. 10 cans  
per case

### Nutritional Value

A 1/4-cup serving of drained, heated corn provides:

Calories.....	35	Thiamin.....	0.01 mg
Protein.....	1.1 g	Riboflavin.....	0.03 mg
Carbohydrate.....	7.6 g	Niacin.....	0.34 mg
Fat.....	0.4 g	Iron.....	0.4 mg
Cholesterol.....	0	Calcium.....	2 mg
Vitamin A.....	61 IU	Phosphorus.....	27 mg
Vitamin C.....	2.6 mg	Potassium.....	80 mg
		Sodium.....	132 mg

### Yield

One No. 10 can (106 ounces) of whole-kernel corn will  
yield 46.4 1/4-cup servings of drained heated vegetable.  
Drained weight of one can is approximately 70 ounces  
(11-1/2 cups) of vegetable.

### Uses

Serve canned corn heated or use in soups, stews,  
chowders, stuffings, relishes, fritters, and main dishes.

### Storage

Store unopened canned corn off the floor in a cool, dry  
place. Avoid freezing, sudden changes in temperature,  
and exposure to direct sunlight. Rotate use. Temperature  
changes shorten shelf life and speed deterioration of the  
corn. Store opened canned corn covered in a nonmetallic  
container, under refrigeration, and use within 2 to 4  
days. The chart shows the maximum storage periods at  
different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	72 months	36 months	18 months

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## **Preparation**

### **TO HEAT:**

Drain off half the liquid from the canned corn. Pour corn and remaining liquid into a stockpot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

OR

Pour corn and remaining liquid into steamer pans. A 12" x 20" x 2-1/2" pan will hold the contents of two No. 10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.

Canned vegetables should be heated only to serving temperature and served soon after heating. Canned corn will become overcooked when held too long in a hot steamtable or holding cabinet.

Add flavor interest to canned corn with any of a number of seasonings: celery, onion or garlic powder, chili powder, chili sauce, paprika, nutmeg, marjoram, thyme, dried sage, instant onion, or black pepper. Add variety to corn by mixing with one or more other vegetables: lima beans, tomatoes, green peppers, or onions. Well-drained corn may be added to cornbread batter.

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# Facts About USDA Commodities

## Corn, Whole-Kernel, Frozen

### Product Description

Corn, whole-kernel, U.S. Grade B  
or better, golden (or yellow)

### Pack Size

One 30-pound  
carton

### Yield

One pound of whole-kernel corn will yield 11.0 1/4-cup servings of cooked vegetable.

### Uses

Serve whole-kernel corn cooked as a vegetable or use in a variety of mixed vegetable dishes, main entrees, soups or salads. Thaw corn for use in marinated vegetable or pasta salads.

### Storage

Store unopened frozen corn in freezer at 0°F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.

Use within 24 months of pack date. Opened, thawed corn should be stored in a covered, nonmetallic container and used within 2 to 4 days.

### Nutritional Value

A 1/4-cup serving of cooked corn provides:

Calories .....	34	Thiamin .....	0.03 mg
Protein .....	1.3 g	Riboflavin .....	0.03 mg
Carbohydrate .....	8.4 g	Niacin .....	0.53 mg
Fat .....	0.3 g	Iron .....	0.12 mg
Cholesterol .....	0	Calcium .....	1 mg
Vitamin A .....	102 IU	Phosphorus .....	20 mg
Vitamin C .....	1.0 mg	Potassium .....	57 mg
		Sodium .....	2 mg

### Preparation

#### TO COOK:

**Stock pot or steam-jacketed kettle:** Add frozen corn to boiling water. Optional: add 1 teaspoon salt for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain.

**Steamer:** Place frozen corn in a single layer in a steamer pan. Steam uncovered for 3 to 5 minutes. Drain. Optional: sprinkle 1 teaspoon of salt over each 100 servings of vegetable.

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Cook frozen corn only until tender but crisp. Corn will continue to cook when held on a hot steamtable or in a holding cabinet. Corn will become overcooked if held too long; schedule cooking of frozen corn so it will be served soon after cooking. Corn, as with most frozen vegetables, can be cooked without thawing.

Combine corn with lima beans to make succotash. Corn adds color to any dish, such as meat loaf or mixed in casseroles with other green vegetables. Add corn to mixed vegetable and pasta salads. Season with onion, chopped pimento, or marinate with salad dressing.

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## Facts About USDA Commodities

# Date Pieces

### Product Description

Date pieces may be chopped, diced, or in morsel form. Each piece is coated with corntab (a corn sugar) or dextrose to prevent sticking.

### Pack Size

30-pound box

### Yield

One pound of chopped dates yields 10.6  $\frac{1}{4}$ -cup servings.  
One pound equals about  $2\frac{2}{3}$  cups of chopped dates.

### Uses

Add date pieces to breakfast cereals, muffins, breads, and cookies. Toss with other fruits in salads or desserts. Date pieces are ready-to-eat and can be combined to make a trail mix with peanuts, raisins, sunflower seeds, and granola cereal.

### Storage

Store date pieces in the refrigerator at least 6 inches off the floor. Once the case has been opened, fold the polybag liner and turn the case upside down. The weight of the remaining dates will keep the liner tightly sealed to maintain freshness. Refrigerated dates can be kept no longer than 5 months, but they can be kept frozen for up to 1 year. Dates freeze well and thaw quickly.

### Nutritional Value

A  $\frac{1}{4}$ -cup serving of chopped date pieces, cooked, provides:

Calories.....	122	Thiamin.....	0.04 mg
Protein.....	0.9 g	Riboflavin.....	0.04 mg
Carbohydrate.....	32.7 g	Niacin.....	0.69 mg
Fat.....	0.2 g	Iron.....	0.5 mg
Cholesterol.....	0	Calcium.....	14 mg
Vitamin A.....	17 IU	Phosphorus.....	18 mg
Vitamin C.....	0	Potassium.....	290 mg
		Sodium.....	1 mg

Dates are a good source of iron and potassium.

### Preparation

Date pieces give a full flavor to baked goods, and keep muffins, cookies, and cakes moist.

Dates pieces tend to dry out, so remove from the box only the amount needed.





## Facts About USDA Commodities

# Figs, Dried, Whole

### Product Description

U.S. Grade-A Choice or better, black or white figs, packed whole and loose.

### Pack Size

One 30-pound box

### Yield

One pound of figs yields 10.4 1/4-cup servings dry or 13.4 1/4-cup servings of cooked fruit and juice. One pound dry equals about 2-5/8 cups or approximately 30 figs.

### Uses

Add sliced or chopped figs to muffins, breads, cookies, and other desserts. Toss in salads. Figs can also be used in ham, chicken, and turkey main dishes; sandwiches, and in sauces. Figs are ready to eat and can be added to a mix of nuts and raisins or sprinkled on top of dry or cooked cereals.

### Storage

Store figs in a cool, dry place. The low-moisture level and high-natural sugar level prevent rapid spoilage. Carefully reclose open cases to prevent insect infestation. The natural fruit sugar crystallizes after figs have been stored for a considerable time forming a harmless, white coating. This crystallized fruit sugar can be removed by washing figs with warm water. Storage life is

cut in half for every 20 °F temperature increase. The chart shows the maximum storage periods at different temperatures.

Temperature	40 °F	60 °F	80 °F
Shelf life	36 weeks	18 weeks	9 weeks

### Nutritional Value

A 1/4-cup serving of dried figs, cooked, provides:

Calories .....	70	Thiamin .....	0.03 mg
Protein .....	0.8 g	Riboflavin .....	0.07 mg
Carbohydrate .....	19.4 g	Niacin .....	0.42 mg
Fat.....	0.3 g	Iron.....	0.6 mg
Cholesterol .....	0	Calcium .....	40 mg
Vitamin A.....	104 IU	Phosphorus.....	19 mg
Vitamin C .....	2.9 mg	Potassium .....	196 mg
		Sodium.....	3 mg

### Preparation

**For baking and cooking:** Remove the stem with a knife or scissors. Chop or cut fig into pieces and substitute for raisins in baked items. Dip the scissors in water frequently to prevent stickiness when cutting figs.

**To stew:** Cover figs with water and simmer for 30 minutes or until soft.







## Facts About USDA Commodities

# Fig Nuggets

### Product Description

Fig nuggets are extruded pieces about the size of raisins. They contain ground fig paste (57.7%), dextrose (12.1%), starch (4.8%), apple fiber powder (4%), hydrogenated vegetable oil (1.8%), glycerine (6.5%), and corn syrup solids (13.1%).

### Pack Size

25-lb container

### Storage

Store fig nuggets in a cool, dry place at 55 °F or below. Shelf life is about 1 year. Avoid humidity above 50 percent. Once opened, packages should be tightly resealed and refrigerated or frozen. Fig nuggets freeze well and thaw quickly.

### Nutritional Value

A 1/4-cup serving of fig nuggets provides:

### Yield

One pound of fig nuggets is equal to about 3 cups. Because fig nuggets are only about 50 percent dried figs, one pound of fig nuggets provides 6 1/4-cup servings (12 1/8-cup servings) of fruit for USDA's Child Nutrition Programs.

### Uses

Fig nuggets may be used in the same kinds of foods as raisins, dates, or other dried fruits. Because they are free-flowing (do not stick together), they can easily be incorporated as a flavorful and nutritious ingredient in a wide range of recipes. *Note:* Fig nuggets are a ground product so they will dissolve in hot liquid. Therefore, add fig nuggets to such foods as hot cereals or hot puddings just before serving.

Calories .....121  
Protein .....0.9 g  
Carbohydrate .....26.6 g  
Fat .....1.7 g  
Cholesterol .....0  
Vitamin A .....0  
Vitamin C .....1.5 mg

(California Fig Industry)

Thiamin .....0.02 mg  
Riboflavin .....0  
Niacin .....0.24 mg  
Iron .....1.9 mg  
Calcium .....46 mg  
Phosphorus .....0  
Potassium .....243 mg  
Sodium .....6 mg

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## **Preparation**

- Add to granola mixtures or combine with other dried fruits and nuts.
- Mix into favorite roll, muffin, or quick bread recipes.
- Include in fresh fruit cups, or in compotes; or, before baking apples, fill cavities with fig nuggets, chopped nuts, and cinnamon.
- Try a carrot-fig salad or a Waldorf salad with fig nuggets.
- Include in stuffings and pilafs or other rice mixtures.
- Fold into pancake or waffle batter or sprinkle on hot or cold cereals.
- Add to apple crisp, Brown Betty, fruit cobbler recipes, or rice or bread puddings.
- Add fig nuggets to cookie, cake, or brownie recipes.
- Fig nuggets will dissolve in hot liquid. Add fig nuggets to such foods as hot puddings just before serving.





*Facts About USDA Commodities*

# Lemon Juice Concentrate, Frozen

## Product Description

Frozen lemon juice concentrate  
(3 to 1), unsweetened

## Pack Size

32-fluid-ounce  
can

## Nutritional Value

A 1/4-cup serving of reconstituted lemon juice  
concentrate provides:

## Yield

One 32-fluid-ounce can of concentrated lemon juice  
yields 64 tablespoons of concentrate (1 tablespoon is  
equivalent to 1/4 cup fruit juice). One can reconstituted  
with 3 cans water yields approximately 16 cups of full-  
strength juice (128 fluid ounces).

## Uses

Use lemon juice concentrate to make lemonade or full-  
strength lemon juice. Dip apples, pears, and bananas in  
lemon juice to prevent browning. Use lemon juice in  
salads, sauces, and desserts, and on seafood.

## Storage

Store unopened frozen lemon juice concentrate at 0 °F  
or below, off the floor and away from walls to allow  
circulation of cold air. Temperature changes shorten  
shelf life and speed deterioration of the lemon juice. Use  
within 18 months of pack date. Store opened thawed  
lemon juice in a covered, nonmetallic container in the  
refrigerator.

## Preparation

Thaw unopened cans of frozen concentrate in the  
refrigerator. Allow 8 hours to thaw. Space containers on  
shelves for good air circulation. Do not refreeze.

## TO PREPARE:

*Lemon juice:* Add 3 parts water to 1 part concentrate  
and stir briskly.

*Lemonade:* Dissolve 6 pounds sugar in 1/2 gallon hot  
water; cool. Stir in 32-fluid-ounce can  
frozen lemon juice concentrate and 5-1/2  
gallons ice water. Makes 7-1/2 gallons.

Calories.....	15	Thiamin .....	0.02 mg
Protein.....	0.2 g	Riboflavin .....	Trace
Carbohydrate .....	4.0 g	Niacin .....	0.12 mg
Fat .....	0.2 g	Iron .....	0.1 mg
Cholesterol .....	0	Calcium.....	7 mg
Vitamin A .....	9 IU	Phosphorus .....	6 mg
Vitamin C .....	15.1 mg	Potassium .....	62 mg
		Sodium .....	13 mg



## Facts About USDA Commodities

# Mixed Fruit, Canned



### Product Description

Canned mixed fruit, U.S. Grade B or better; diced peaches, diced pears, and whole seedless grapes packed in fruit juice or light syrup. Sugar or similar sweetener may be added.

### Pack Size

Six No. 10 cans  
per case

### Yield

One No. 10 can (106 oz) of mixed fruit will yield 46.9 1/4-cup servings of fruit and juice. Drained weight of one can is approximately 69 oz (9-1/4 cups) fruit.

### Uses

Serve canned mixed fruit chilled or use in recipes for breads, cakes, or desserts.

### Storage

Store unopened canned mixed fruit off the floor in a cool, dry place. Temperature changes shorten shelf life and speed deterioration of the fruit. Avoid freezing. Store opened canned mixed fruit under refrigeration in a covered, nonmetallic container. Use within 2 to 4 days. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	48 months	24 months	12 months

### Nutritional Value

A 1/4-cup serving of canned mixed fruit (peaches, pears, and grapes, with light syrup) provides:

Calories	.....35	Thiamin	.....0.01 mg
Protein	.....0.2 g	Riboflavin	.....0.01 mg
Carbohydrate	.....8.8 g	Niacin	.....0.22 mg
Fat	.....Trace	Iron	.....0.3 mg
Cholesterol	.....0	Calcium	.....3 mg
Vitamin A	.....114 IU	Phosphorus	.....4 mg
Vitamin C	.....1.0 mg	Potassium	.....53 mg
		Sodium	.....3 mg

### Preparation

Serve mixed fruit chilled with syrup, or chilled and drained as part of fruit salad, or with cottage cheese. Combine with other fresh, canned, or frozen fruit for fruit cup or compotes. Add mixed fruit to gelatin. Use as directed in recipes specifying mixed fruit or fruit cocktail.







## Facts About USDA Commodities

# Mixed Vegetables, Frozen

### Product Description

A mix of carrots, corn (sweet golden or yellow whole-kernel), and green peas (early or sweet type), U.S. Grade B

### Pack Size

6 5-pound packages or 30-pound bulk container.

### Nutritional Value

A 1/4-cup serving of cooked mixed vegetables (corn, green peas, and carrots) with no added salt provides:

Calories . . . . .	25	Thiamin . . . . .	0.04 mg
Protein . . . . .	1.2 g	Riboflavin . . . . .	0.02 mg
Carbohydrate . . . . .	5.6 g	Niacin . . . . .	0.33 mg
Fat . . . . .	0.1 g	Iron . . . . .	0.3 mg
Cholesterol . . . . .	0	Calcium . . . . .	8 mg
Vitamin A . . . . .	2997 IU	Phosphorus . . . . .	21 mg
Vitamin C . . . . .	1.7 mg	Potassium . . . . .	63 mg
		Sodium . . . . .	21 mg

### Yield

One pound of cooked mixed vegetables provides 8.1 1/4-cup servings.

### Uses

Serve mixed vegetables cooked, or use in main dishes or soups.

Marinate cooked mixed vegetables and serve chilled.

### Storage

Store unopened frozen mixed vegetables at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration of the vegetables. Use within 12 months of pack date. Store opened thawed vegetables in a covered, nonmetallic container, under refrigeration. Use within 2 to 4 days.

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## **Preparation**

### **TO COOK:**

*Stockpot or Steam-jacketed kettle:* Add frozen mixed vegetables to boiling water. If desired, add 1 teaspoon salt for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 12 to 20 minutes. Drain.

*Steamer:* Place frozen mixed vegetables in a single layer in a steamer pan. Steam uncovered at 5 lb pressure for 12 to 20 minutes. Drain. Sprinkle 1 teaspoon salt over each 100 servings of vegetable, if desired.

Cook mixed vegetables only until tender but crisp; they may continue to cook when held before or during service. Mixed vegetables will become overcooked if held too long; cook batches of a size that can be served in a short time.

Schedule cooking of frozen mixed vegetables so they will be served soon after they are cooked. Most frozen vegetables can be cooked without thawing.



## Facts About USDA Commodities

# Peaches, Canned



### Product Description

Canned peaches, U.S. Grade B or better, yellow freestone or yellow clingstone varieties; halved, quartered, sliced, or diced. May be packed with fruit juice or light syrup. Sugar or similar sweetener may be added.

### Pack Size

Six No. 10 cans per case

peaches may be refrigerated up to 2 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	48 months	24 months	12 months

### Nutritional Value

A 1/4-cup serving of canned peaches with light syrup provides:

One No. 10 can (106 oz) of peach halves will yield 47.1 1/4-cup servings of peach halves and juice: 64 oz (8-1/8 cups) of drained cling peach halves or about 60 oz (6-2/3 cups) of drained freestone peach halves. One No. 10 can provides approximately 30-35 cling peach halves. One No. 10 can (106 oz) of peach slices will yield 47.5 1/4-cup servings of peach slices and juice.

### Yield

Calories	.....35	Thiamin	.....0.01 mg
Protein	.....0.2 g	Riboflavin	.....0.02 mg
Carbohydrate	.....9.2 g	Niacin	.....0.37 mg
Fat	.....0	Iron	.....0.2 mg
Cholesterol	.....0	Calcium	.....2 mg
Vitamin A	.....222 IU	Phosphorus	.....7 mg
Vitamin C	.....1.5 mg	Potassium	.....61 mg
		Sodium	.....3 mg

### Uses

Serve canned peaches chilled or use in recipes for main dishes, breads, cakes, cookies, or desserts.

### Storage

Store unopened canned peaches off the floor in a cool, dry place. Temperature changes shorten shelf life and speed deterioration. Avoid freezing. Opened canned

### Preparation

Serve peaches chilled with syrup, or chilled and drained as part of fruit salad, or with cottage cheese. Combine with other fresh, canned, or frozen fruit for fruit cups or compotes. Add peaches to gelatin. Serve peaches drained and heated or at room temperature as a garnish for main dishes. Use as directed in recipes specifying peaches.





## Facts About USDA Commodities

# Peaches, Sliced Freestone, Frozen

### Product Description

Frozen, sliced Freestone peaches, U.S. Grade A; firm ripe but may include 20 percent soft ripe fruit; no mushy peaches allowed. Peaches are packed in a fruit syrup composed of peach puree, dry sugar, ascorbic acid, and citric acid.

### Pack Size

One 20-pound carton with plastic bag

Once opened, peaches may be stored in a refrigerator for 2 to 4 days in a covered, nonmetallic container.

### Nutritional Value

A 1/4-cup serving of sweetened, sliced peaches provides:

Calories .....	59	Thiamin .....	0.01 mg
Protein.....	0.4 g	Riboflavin.....	0.02 mg
Carbohydrate .....	14.9 g	Niacin .....	0.41 mg
Fat. ....	0.1 g	Iron .....	0.23 mg
Cholesterol.....	0	Calcium.....	1 mg
Vitamin A. ....	202 IU	Phosphorus.....	7 mg
Vitamin C .....	59 mg	Potassium .....	81 mg
		Sodium.....	4 mg

### Yield

One pound of frozen, sliced Freestone peaches will yield 7.3 1/4-cup servings of thawed fruit. One pound of frozen, sliced Freestone peaches will yield 7.1 1/4-cup servings of cooked fruit.

### Uses

Serve frozen, sliced Freestone peaches thawed, as a fruit, or use in mixed fruit dishes or salads. Use in recipes for cobbler, turnovers, pies, or serve as a topping on cakes or frozen yogurt.

### Storage

Store frozen peaches in freezer 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Frozen peaches may be kept approximately 18 months under proper storage conditions. Temperature changes shorten shelf life and speed deterioration.

### Preparation

Drain frozen, sliced peaches before serving. Add to fruit salads or use in recipes for baked products. Do not refreeze sliced peaches.







## Facts About USDA Commodities

# Pears, Bartlett, Canned

### Product Description

Bartlett pears, canned, U.S. Grade B or better. Can be halved, quartered, sliced, or diced; natural flavor; packed in light syrup, lightly sweetened fruit juice(s) and water, lightly sweetened fruit juices, or unsweetened pear juice.

### Pack Size

Six No. 10 cans per case

Temperature  
Shelf life

40 °F  
36 months

70 °F  
18 months

90 °F  
9 months

### Nutritional Value

A 1/4-cup serving of canned pears, in light syrup, provides:

Calories	.....35	Thiamin	.....0.01 mg
Protein	.....0.1 g	Riboflavin	.....0.01 mg
Carbohydrate	.....9.5 g	Niacin	.....0.09 mg
Fat	.....0	Iron	.....0.2 mg
Cholesterol	.....0	Calcium	.....3 mg
Vitamin A	.....0	Phosphorus	.....4 mg
Vitamin C	.....0.4 mg	Potassium	.....41 mg
		Sodium	.....3 mg

### Preparation

Serve canned pears chilled in juice or light syrup, or chilled and drained as part of a salad or dessert. Canned pears may also be used in baked cobblers, crisps, etc. They also may be served at breakfast, alone or over cereal. Canned pears may be combined with fresh fruit or gelatin in a salad or dessert.

### Yield

One No. 10 can (105 oz) of pear halves yields 52 1/4-cup servings of fruit and juice (approximately 52 halves). One No. 10 can (106 oz) of diced pears yields 47.6 servings of fruit and juice. Approximate drained weight of a No. 10 can of halves is 62 oz (7-3/4 cups); of diced, 66 oz (9-1/2 cups). One pear half provides about 1/4 cup fruit.

### Uses

Serve canned pears chilled or use in recipes for main dishes, breads, salads, or desserts.

### Storage

Store unopened canned pears off the floor in a clean, dry place. Temperature changes shorten shelf life and speed deterioration. Avoid freezing. Opened canned pears may be refrigerated for 2 to 4 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.







## Facts About USDA Commodities

# Pears, Fresh

### Product Description

Fresh pears, U.S. Grade 2 or better, of the Bosc or D'Anjou winter varieties

### Pack Size

45-pound case

### Yield

Depending on the size of the pear, a 45-pound case may contain 135 to 165 pears. The fewer the pears per case, the larger the individual pear size. Each case shows the pear size by count. A "count" of 150 means 150 pears per case.

One small fresh pear (size 150) provides about 1/2 cup of fruit. One pound of fresh pears yields 7.1 1/4-cup servings of fresh pared and cubed fruit.

### Uses

Serve fresh pears whole or sliced and use in salads or desserts. Serve baked or as a garnish for main dishes.

### Storage

The best storage temperature for pears is 29 to 31 °F (although 32 °F is acceptable) with a relative humidity of 90 percent. Keep pears in a well-ventilated area away from walls.

The length of time pears can be stored depends on the variety and the district where they are grown, as well as the condition when harvested. A generally acceptable storage period for most winter varieties is 3 months.

### Nutritional Value

One 2-1/2" diameter, 3-1/2" long pear with skin provides:

Calories .....	100	Thiamin .....	0.03 mg
Protein .....	0.7 g	Riboflavin .....	0.07 mg
Carbohydrate .....	25.1 g	Niacin .....	0.17 mg
Fat .....	0.7 g	Iron .....	0.5 mg
Cholesterol .....	0	Calcium .....	18 mg
Vitamin A .....	33 IU	Phosphorus .....	18 mg
Vitamin C .....	6.6 mg	Potassium .....	208 mg
		Sodium .....	0

(Continued on back)

## ***Preparation***

Ripen fruit in original containers at 65 to 72 °F and, if possible, 95 percent relative humidity. Indications of being ripe are a yellow skin color and when the flesh gives to gentle palm pressure.

Handle fresh pears gently to prevent bruising. Rinse in cool water and dry before serving.

Use diced fresh pears in stuffing for fish, pork, or poultry, or broiled with hamburgers. Add sliced pears to fresh fruit salad.

To prevent cut pears from browning, dip in a lemon juice and water solution, made up of 1 part juice to 3 parts water.

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## Facts About USDA Commodities

# Peas, Green, Canned

### Product Description

Green peas of the sweet or early variety, U.S. Grade B or better

### Pack Size

Six No. 10 cans  
per case

### Nutritional Value

A 1/4-cup serving of drained, heated green peas provides:

### Yield

One No. 10 can (105 oz) of canned green peas yields 44.2 1/4-cup portions of heated vegetable. One No. 10 can equals about 69 oz (11-1/2 cups) of drained vegetable.

### Uses

Serve canned green peas heated in soups, salads, and main dishes.

### Storage

Store unopened canned green peas off the floor in a cool, dry place. Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration. Opened canned green peas may be refrigerated 2 to 4 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	72 months	36 months	18 months

Calories . . . . .	30	Thiamin . . . . .	0.04 mg
Protein . . . . .	1.9 g	Riboflavin . . . . .	0.03 mg
Carbohydrate . . . . .	5.4 g	Niacin . . . . .	0.20 mg
Fat . . . . .	0.2 g	Iron . . . . .	0.4 mg
Cholesterol . . . . .	0	Calcium . . . . .	9 mg
Vitamin A . . . . .	310 IU	Phosphorus . . . . .	28 mg
Vitamin C . . . . .	3.1 mg	Potassium . . . . .	74 mg
		Sodium . . . . .	93 mg

(Continued on back)



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## **Preparation**

### **TO HEAT:**

Drain off half the liquid in the can. Pour green peas and remaining liquid into a stockpot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

OR

Pour green peas and remaining liquid into steamer pans. A 12" x 20" x 2-1/2" pan will hold the contents of two No. 10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.

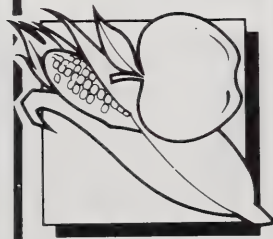
Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green peas will become overcooked when held too long on a hot steamtable or in a holding cabinet. Schedule heating of canned green peas so they will be served soon after heating.

Add flavor interest to canned green peas by using herbs and spices such as basil, mint, marjoram, or oregano.

Serve canned green peas with small new potatoes, pearl onions, and/or turnips.

Combine green peas with carrots and dill seed, or with onions and chopped pimento.

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## Facts About USDA Commodities

# Peas, Green, Frozen

### Product Description

Frozen peas, U.S. Grade B or better, with no additives except salt used during processing

### Pack Size

6 5-pound packages or 30-pound container

### Nutritional Value

A 1/4-cup serving of cooked, frozen green peas with no added salt provides:

Calories.....	30	Thiamin .....	0.10 mg
Protein.....	2.0 g	Riboflavin .....	0.04 mg
Carbohydrate .....	5.7 g	Niacin.....	0.47 mg
Fat .....	0.1 g	Iron .....	0.6 mg
Cholesterol .....	0	Calcium.....	10 mg
Vitamin A .....	267 IU	Phosphorus .....	36 mg
Vitamin C .....	3.4 mg	Potassium .....	67 mg
		Sodium .....	35 mg

### Yield

One pound of frozen green peas yields 10.1 1/4-cup servings of cooked vegetable.

### Uses

Serve frozen green peas cooked or use in soups, salads, and main dishes.

### Storage

Store unopened frozen green peas at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten life and speed deterioration. Use within 14 months of pack date. Opened thawed green peas may be refrigerated 2 to 4 days in a covered, nonmetallic container.

## **Preparation**

### **TO COOK:**

*Stock pot or steam-jacketed kettle:* Add frozen green peas to boiling water. If desired, add 1 teaspoon salt for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain.

*Steamer:* Place frozen green peas in a single layer in a steamer pan. Steam uncovered for 3 to 5 minutes. Drain. Sprinkle 1 teaspoon of salt over each 100 servings of vegetable, if desired.

Cook frozen vegetables only until tender but crisp; they may continue to cook when held on a hot steamtable or in a holding cabinet. Green peas will become overcooked if held too long; schedule cooking of frozen green peas so they will be served soon after cooking. Most frozen vegetables can be cooked without thawing.

Serve green peas with small new potatoes, pearl onions, and/or turnips.

Combine green peas with carrots and dill seed, or with onions and chopped pimento.

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## Facts About USDA Commodities

# Pineapple, Canned

### Product Description

Slices, tidbits, or chunks of pineapple U.S. Grade B or better, with light syrup or pineapple juice. Sugar or similar sweetener may be added.

### Pack Size

Six No. 10 cans  
per case

Temperature 40 °F  
Shelf life 48 months

70 °F 24 months  
90 °F 12 months

### Nutritional Value

A 1/4-cup serving of canned pineapple slices packed in light syrup provides:

### Yield

One No. 10 can (106 oz) of pineapple chunks yields 50 1/4-cup servings of fruit and juice; one No. 10 can (107 oz) of pineapple slices yields 47.5 1/4-cup servings of fruit and juice (about 1-1/2 slices per serving). Approximate drained weight of one can of pineapple chunks is 66 ounces (10 cups), and of slices, 62 ounces (9-1/3 cups or 60 slices).

Calories.....35  
Protein.....0.3 g  
Carbohydrate.....8.4 g  
Fat.....0.1 g  
Cholesterol.....0  
Vitamin A.....9 IU  
Vitamin C.....4.7 mg

Thiamin.....0.06 mg  
Riboflavin.....0.02 mg  
Niacin.....0.18 mg  
Iron.....0.3 mg  
Calcium......9 mg  
Phosphorus......4 mg  
Potassium......66 mg  
Sodium......1 mg

### Uses

Serve canned pineapple chilled or use in recipes for main dishes, breads, cakes, or desserts.

### Storage

Store unopened pineapple off the floor in a cool, dry place. Avoid freezing. High temperatures reduce storage life. Opened canned pineapple may be refrigerated up to 2 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

### Preparation

Serve pineapple chilled with juices or syrup, or chilled and drained as part of fruit salads, or to garnish cottage cheese. Combine with other canned, fresh, or frozen fruit for fruit cups or compotes. Serve drained and heated or at room temperature as a garnish for main dishes. Use as directed in recipes specifying pineapple.





## Facts About USDA Commodities

# Plums, Purple, Canned

### Product Description

Purple plums, U.S. Grade B or better whole (unpeeled, unpitted) or halves (unpeeled, pitted) in fruit juice or light syrup. Sugar or similar sweetener may be added.

### Pack Size

Six No. 10 cans  
per case

Temperature

40 °F

Shelf life

36 months

70 °F

18 months

90 °F

9 months

### Nutritional Value

A 1/4-cup serving of pitted purple plums in light syrup provides:

### Yield

One No. 10 can (108 ounces) of whole purple plums yields 52.3 1/4-cup servings of fruit and juice. Approximate drained weight of one can is 59 ounces (7-1/4 cups) of fruit. There are approximately 95 whole plums per No. 10 can.

### Uses

Serve purple plums chilled or in recipes for main dishes, breads, or salads.

### Storage

Store unopened canned purple plums off the floor in a cool storeroom or in refrigerated storage. Avoid freezing or sudden changes in temperature. Rotate use. Temperature changes shorten shelf life and speed deterioration of the plums. Opened canned plums may be refrigerated 2 to 4 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Calories . . . . . 40

Protein . . . . . 0.2 g

Carbohydrate . . . . . 10.3 g

Fat . . . . . 0.1 g

Cholesterol . . . . . 0

Vitamin A . . . . . 166 IU

Vitamin C . . . . . 0.2 mg

Thiamin . . . . . 0.01 mg

Riboflavin . . . . . 0.02 mg

Niacin . . . . . 0.19 mg

Iron . . . . . 0.6 mg

Calcium . . . . . 6 mg

Phosphorus . . . . . 8 mg

Potassium . . . . . 59 mg

Sodium . . . . . 13 mg

### Preparation

Serve purple plums chilled in syrup or juice or drained; add to fruit cups or compotes. Lemon juice intensifies the natural flavor of the fruit; spices or almond extract complement its natural flavor. Chopped purple plums can be added to muffins or used in place of raisins in cinnamon rolls. Serve drained and heated or at room temperature as an accompaniment to meat dishes.







## Facts About USDA Commodities

# Potatoes, French Fried and Rounds, Frozen

### Product Description

**Oven Fries:** Frozen french-fried potatoes, U.S. Grade A, that have been crinkle-cut, then fried or blanched in oil. Potato strips will be from 3/8" to 1/2" across and 50 percent or more will be 2" or longer.

**Preformed potato rounds:** White potatoes, with spices and stabilizers (no artificial color, preservatives, or flavor enhancers allowed)

### Pack Size

30-pound case  
containing six  
5-pound sealed  
containers

### Nutritional Value

A 1/4-cup serving of oven-heated, unsalted french fries provides:

Calories	62	Thiamin	0.03 mg
Protein	1.0 g	Riboflavin	0.01 mg
Carbohydrate	9.4 g	Niacin	0.32 mg
Fat	2.4 g	Iron	0.4 mg
Cholesterol	0	Calcium	3 mg
Vitamin A	0	Phosphorus	24 mg
Vitamin C	1.8 mg	Potassium	127 mg
		Sodium	9 mg

### Yield

One pound of regular crinkle-cut french fries yields 13.7 1/4-cup servings (about five pieces each). One pound of potato rounds yields 12.7 1/4-cup servings (about four pieces each).

### Uses

Serve french fries or potato rounds plain or with melted cheese or gravy. Use them in stews or casseroles.

### Storage

Store frozen potatoes in the original shipping containers off the floor at 0 °F or below. Use within 12 months. Rotate use to avoid development of ice crystals and off-flavors. Handle carefully: A 3-foot drop will break about one-third of the pieces.

A 1/4-cup serving of oven-heated potato rounds provides:

Calories	70	Thiamin	0.06 mg
Protein	1.0 g	Riboflavin	0.02 mg
Carbohydrate	9.5 g	Niacin	0.34 mg
Fat	3.3 g	Iron	0.5 mg
Cholesterol	0	Calcium	9 mg
Vitamin A	4 IU	Phosphorus	15 mg
Vitamin C	1.3 mg	Potassium	118 mg
		Sodium	231 mg

(Continued on back)

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## **Preparation**

- Keep potatoes frozen until ready to use.
- Remove from freezer only the quantity for 1 day's use.
- Spread frozen potatoes (rounds or fries) in a single layer on a sheet pan. This permits sufficient air flow and speeds cooking time. Crowding them in the pan results in soggy potatoes.

### **TO HEAT:**

#### **OVEN-TYPE CRINKLE-CUT:**

Conventional oven: 20 to 26 minutes at 450 °F.

Convection oven: 12 to 13 minutes at 425 °F. (Time based on a two-pan oven load of 2 lb 8 oz per pan.) Heat until golden brown and crisp. **SERVE IMMEDIATELY.**

#### **PERFORMED POTATO ROUNDS:**

Conventional oven: About 24 minutes at 475 °F.

Convection oven: About 15 minutes at 450 °F. (Times based on full oven load, potatoes spread one layer deep.) Heat until golden brown and crisp. **SERVE IMMEDIATELY.**

#### **FRY-TYPE CRINKLE-CUT:**

Fill clean deep-fat fryer with fat or oil *only to fill line*. Heat 350 - 360 °F. **Do not overheat.**

**Fill basket about 1/2 full. Do not overload.**

Fry 2-5 minutes or until golden brown. Drain and season, as desired. **SERVE IMMEDIATELY.**

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## Facts About USDA Commodities

# Potatoes, Fresh (Baking Type)

### Product Description

Whole, fresh potatoes, Russet Burbanks, U.S. Grade 1. Potatoes may have been treated with a sprout inhibitor.

### Pack Size

50 pounds per box, 100 or 110 potatoes (count not to exceed 5 percent over or under the specified size)

### Storage

Store potatoes in a cool, dry, dark, and well-ventilated place. The ideal temperature of 45 °F will keep potatoes for 60 - 80 days. Excessive temperatures (above 50 °F) encourage sprouting and shriveling. *Avoid prolonged exposure to light* as it will turn the outer skins green and cause a bitter flavor. *Do not refrigerate potatoes.* Below 40 °F potato starch turns to sugar and the potato becomes sweet. The increased accumulation of sugar will cause the potato to darken when cooked.

### Yield

Approximate weights of potatoes: The 100-count box contains between 95 and 105 potatoes (7-9 oz) and the 110-count box contains between 105 and 115 potatoes (6-8 oz). The average weight of a large potato is about 7 ounces.

One pound of baking potatoes, as purchased, yields 0.81 pound of baked potato with skin. A serving of one-half of a cooked large potato provides about 1/2 cup of vegetable.

### Uses

Serve potatoes baked. Top the potato with cheese, chili, broccoli, taco filling, or a combination of ingredients. Fill the potato with chicken à la king or stroganoff.

### Nutritional Value

One-half of a large baked potato, including the skin, provides:

Calories .....	110	Thiamin .....	0.10 mg
Protein .....	2.3 g	Riboflavin .....	0.03 mg
Carbohydrate .....	25.4 g	Niacin .....	1.33 mg
Fat .....	0.1 g	Iron .....	1.4 mg
Cholesterol .....	0	Calcium .....	10 mg
Vitamin A .....	0	Phosphorus .....	58 mg
Vitamin C .....	9.8 mg	Potassium .....	422 mg
		Sodium .....	8 mg

(Continued on back)

## **Preparation**

Soak and scrub to remove dirt but not hard enough to break the skin. Do not remove the skin of the potato. Skins are rich sources of important nutrients. To prevent possible bursting in the oven, the skin should be pierced with a fork to allow steam to escape while cooking.

Unwrapped potatoes produce a crispy outer skin. If a softer skin is desired, wrap potatoes in foil before baking to retain moisture and heat.

## **TO BAKE:**

Place potatoes in a single layer on baking pans. Bake at 425 °F for 1 hour or until done. Baking time may vary with variety, maturity, quantity, and size of vegetable.

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## Facts About USDA Commodities

# Potatoes, Instant, Dehydrated

### Product Description

Dehydrated instant potatoes may be flakes or granules. Fortified with vitamins A and C

### Pack Size

Six 5-pound packages or six No. 10 cans per case

### Nutritional Value

A 1/4-cup serving of reconstituted potato flakes (water, whole milk, butter, and salt added) provides:

Calories.....	60	Thiamin.....	0.05 mg
Protein.....	1.0 g	Riboflavin.....	0.02 mg
Carbohydrate.....	7.9 g	Niacin.....	0.18 mg
Fat.....	2.9 g	Iron.....	0.1 mg
Cholesterol.....	7 mg	Calcium.....	26 mg
Vitamin A.....	71 IU	Phosphorus.....	29 mg
Vitamin C.....	4.6 mg	Potassium.....	122 mg
		Sodium.....	174 mg

### Yield

One pound of flakes or granules yields 50.5 1/4-cup portions when reconstituted.

### Uses

Serve plain as a mashed vegetable or in other foods, such as shepherd's pie. You can also use mashed potatoes as a base for creamed chicken or turkey, or potato soup.

### Storage

Store unopened dehydrated potatoes off the floor in a cool, dry place. Store opened potatoes in airtight containers in refrigerator. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life			
Package	12 months	6 months	3 months
Can	24 months	12 months	6 months

(Continued on back)



## Preparation

### TO PREPARE INSTANT MASHED WHITE POTATOES: (Flakes and Granules)

100 Servings			
Ingredients	Weight	Measure	Directions
<b>FLAKES</b>			
Boiling water	.....	2 gal 1 qt	1. Pour liquids into mixing bowl. Add butter or margarine.
Warm milk	.....	3 qt	2. Add instant potatoes and salt to liquids.
Butter or margarine	12 oz	1-1/2 cups	3. Stir 1/2 minute to moisten potatoes. Stir an additional
Potato flakes	4 lb 2 oz	.....	1/2 minute to fluff. Avoid overmixing. (For best
Salt	.....	2 Tbsp	results, do not use a mixer.)
			4. Serve with No. 8 scoop (1/2 cup).
<b>GRANULES</b>			
Boiling water	.....	1-3/4 gal	1. Pour liquids into mixing bowl.
Warm water	.....	2 qt 1-1/2 cups	2. Add instant potatoes and salt to liquids.
Butter or margarine	12 oz	1-1/2 cups	3. Stir 1/2 minute to moisten potatoes. Beat 1 minute until
Potato granules	4 lb 2 oz	2 qt 1-1/2 cups	fluffy.
Salt	.....	2 Tbsp	4. Serve with No. 8 scoop (1/2 cup).

SERVING: 1/2 cup provides 1/2 cup of vegetable.

Note: Reconstituted nonfat dry milk may be used instead of fresh milk.



Facts About USDA Commodities

# Potatoes, French Fried and Rounds, Frozen

## Product Description

**Oven Fries:** Frozen french-fried potatoes, U.S. Grade A, that have been crinkle-cut, then fried or blanched in oil. Potato strips will be from 3/8" to 1/2" across and 50 percent or more will be 2" or longer.

**Preformed potato rounds:** White potatoes, with spices and stabilizers (no artificial color, preservatives, or flavor enhancers allowed)

## Pack Size

30-pound case containing six 5-pound sealed containers

## Nutritional Value

A 1/4-cup serving of oven-heated, unsalted french fries provides:

Calories	62	Thiamin	0.03 mg
Protein	1.0 g	Riboflavin	0.01 mg
Carbohydrate	9.4 g	Niacin	0.32 mg
Fat	2.4 g	Iron	0.4 mg
Cholesterol	0	Calcium	3 mg
Vitamin A	0	Phosphorus	24 mg
Vitamin C	1.8 mg	Potassium	127 mg
		Sodium	9 mg

## Yield

One pound of regular crinkle-cut french fries yields 13.7 1/4-cup servings (about five pieces each). One pound of potato rounds yields 12.7 1/4-cup servings (about four pieces each).

## Uses

Serve french fries or potato rounds plain or with melted cheese. Use them in stews or casseroles.

## Storage

Store frozen potatoes in the original shipping containers off the floor at 0 °F or below. Use within 12 months. Rotate use to avoid development of ice crystals and off-flavors. Handle carefully: A 3-foot drop will break about one-third of the pieces.

A 1/4-cup serving of oven-heated potato rounds provides:

Calories	70	Thiamin	0.06 mg
Protein	1.0 g	Riboflavin	0.02 mg
Carbohydrate	9.5 g	Niacin	0.34 mg
Fat	3.3 g	Iron	0.5 mg
Cholesterol	0	Calcium	9 mg
Vitamin A	4 IU	Phosphorus	15 mg
Vitamin C	1.3 mg	Potassium	118 mg
		Sodium	231 mg

(Continued on back)

## **Preparation**

- Keep potatoes frozen until ready to use.
- Remove from freezer only the quantity for 1 day's use.
- Spread frozen potatoes (rounds or fries) in a single layer on a sheet pan. This permits sufficient air flow and speeds cooking time. Crowding them in the pan results in soggy potatoes.

### **TO HEAT:**

#### **OVEN-TYPE CRINKLE-CUT:**

Conventional oven: 20 to 26 minutes at 450 °F.  
Convection oven: 12 to 13 minutes at 425 °F.  
(Time based on a two-pan oven load of 2 lb 8 oz per pan.) Heat until golden brown and crisp.  
**SERVE IMMEDIATELY.**

#### **PREFORMED POTATO ROUNDS:**

Conventional oven: About 24 minutes at 475 °F.  
Convection oven? About 15 minutes at 450 °F.  
(Times based on full oven load, potatoes spread one layer deep.) Heat until golden brown and crisp.  
**SERVE IMMEDIATELY.**

#### **FRY-TYPE CRINKLE-CUT:**

Fill clean deep-fat fryer with fat or oil *only to fill line*.  
Heat 350 - 360 °F. **Do not overheat.**

**Fill basket about 1/2 full. Do not overload.**

Fry 2-5 minutes or until golden brown.  
Drain and season, as desired. **SERVE IMMEDIATELY.**





## Facts About USDA Commodities

# Prunes, Dried, Pitted

### Product Description

Whole, pitted, dried prunes, U.S. Grade B or better. Size ranges from small to large.

### Pack Size

25-pound carton

Temperature  
Shelf life

40 °F  
18 months

70 °F  
9 months

90 °F  
5 months

### Nutritional Value

A 1/4-cup serving of cooked prunes, without added sugar, provides:

**Yield**  
One pound of prunes yields 10.6 1/4-cup portions of dry fruit (about 6 medium prunes). One pound of prunes yields 14.7 1/4-cup portions of cooked fruit and juice.

### Uses

Serve dried pitted prunes as is, in cereals, salads, or baked items, or as a garnish (hot or cold) for main dishes. Add chopped prunes to quick breads, muffins, cookies, cakes, and stuffings to help retain moisture and add flavor. Fold in sliced prunes to enhance vegetable dishes.

### Storage

Store dried pitted prunes in the original shipping containers off the floor in a cool, dry place. Refrigerated storage at 35 to 40 °F is preferred, although temperatures up to 70 °F are satisfactory. After opening, carefully fold the polybag liner, turn carton upside down to seal, and store in the refrigerator. The chart shows maximum storage periods at different temperatures.

Calories.....60  
Protein.....0.6 g  
Carbohydrate.....14.9 g  
Fat.....0.1 g  
Cholesterol.....0  
Vitamin A.....122 IU  
Vitamin C.....1.2 mg

Thiamin.....0.01 mg  
Riboflavin.....0.05 mg  
Niacin.....0.27 mg  
Iron.....0.6 mg  
Calcium.....12 mg  
Phosphorus.....19 mg  
Potassium.....177 mg  
Sodium.....1 mg

(Continued on back)

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## ***Preparation***

### ***TO PLUMP:***

Soften prunes by combining them with an equal amount of hot or cold water or fruit juice (2-1/2 cups per pound). Cover and refrigerate at least 24 hours. After plumping, prunes may be chopped in the mixing bowl with the paddle or whipped 1 or 2 minutes at medium speed.

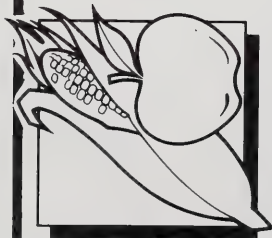
### ***TO COOK:***

Bring equal amounts of prunes and water to a boil. Cover, reduce heat, and simmer 7-10 minutes; or pour on enough boiling water to cover prunes, cover, and refrigerate at least 24 hours.

Make dried, pitted prunes easier to chop by mixing in 1 tablespoon of salad oil per pound before chopping.

(Prunes also may be prepared the same as raisins, page B-24).

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## Facts About USDA Commodities

# Raisins, Seedless

### Product Description

Raisins, U.S. Grade B or better

### Pack Size

30-pound carton

### Yield

One pound of uncooked raisins will provide 12.6 1/4-cup servings (approximately 1.3 ounces each). One pound of cooked raisins yields 21.4 1/4-cup portions.

### Uses

Raisins are ready to eat or may be added to sandwich fillings, rice dishes, stuffings, salads, hot or cold cereals, puddings, and baked items; or be combined with peanuts, sunflower seeds, and granola.

### Storage

Refrigerate raisins and store off the floor. To maintain freshness once the case has been opened, fold the polybag liner and turn case upside down. The weight of the raisins will keep the liner tightly sealed. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	18 months	9 months	5 months

### Nutritional Value

A 1/4-cup serving of uncooked raisins provides:

Calories.....	110	Thiamin .....	0.06 mg
Protein.....	1.2 g	Riboflavin .....	0.03 mg
Carbohydrate .....	28.7 g	Niacin.....	0.30 mg
Fat .....	0.2 g	Iron .....	0.8 mg
Cholesterol .....	0	Calcium.....	18 mg
Vitamin A .....	3 IU	Phosphorus .....	35 mg
Vitamin C .....	1.2 mg	Potassium .....	272 mg
		Sodium .....	4 mg

### Preparation

Raisins keep cookies and cake moist. Chopped raisins impart a full flavor to baked goods. For easier chopping, use an oiled knife or blade.

When raisins are dry or when the recipe calls for plumped raisins, cover the amount needed with very hot tap water and soak 2 to 5 minutes. Flavor and nutrients are lost with longer soaking. Drain well before using.

Raisins freeze well and thaw quickly.







## Facts About USDA Commodities

# Sweet Potatoes, Canned (Light Syrup) or Mashed Sweet Potatoes, Canned

### Product Description

Sweet potatoes (U.S. Grade A), whole, sections, pieces, or cuts packed in light syrup or mashed sweet potatoes. May be golden, yellow, or mixed.

### Pack Size

Six No. 10 cans  
per case

sweet potatoes covered, in a nonmetallic container, under refrigeration and use within 2 to 4 days. The chart shows the maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	48 months	24 months	12 months

### Yield

One No. 10 can (108 ounces) of sweet potatoes, whole or cuts, will yield 45.4 1/4-cup servings of drained vegetable. One No. 10 can equals approximately 71 ounces (12-1/2 cups) of drained vegetable. One No. 10 can (106 ounces) yields 51.5 1/4-cup servings of mashed sweet potatoes.

### Uses

Sweet potatoes (whole, cuts, or mashed) are ready to serve or may be heated with spices, other fruits, or vegetables. They may be used in soups or in baked goods such as sweet potato pie or sweet potato bread.

### Storage

Store unopened canned sweet potatoes off the floor in a cool, dry place. Avoid sudden changes in temperature such as freezing or exposure to direct sunlight. Temperature changes shorten shelf life and speed deterioration of the sweet potatoes. Store in a well-ventilated area and rotate use. Store opened canned

### Nutritional Value

A 1/4-cup serving of drained, heated sweet potatoes provides:

Calories	55	Thiamin	0.01 mg
Protein	0.6 g	Riboflavin	0.02 mg
Carbohydrate	12.4 g	Niacin	0.12 mg
Fat	0.2 g	Iron	0.4 mg
Cholesterol	0	Calcium	8 mg
Vitamin A	2,630 IU	Phosphorus	12 mg
Vitamin C	4.8 mg	Potassium	95 mg
		Sodium	19 mg

A 1/4-cup serving of mashed sweet potatoes provides:

Calories	64	Thiamin	0.02 mg
Protein	1.3 g	Riboflavin	0.06 mg
Carbohydrate	14.8 g	Niacin	0.61 mg
Fat	0.1 g	Iron	0.8 mg
Cholesterol	0	Calcium	19 mg
Vitamin A	9,643 IU	Phosphorus	33 mg
Vitamin C	3.3 mg	Potassium	134 mg
		Sodium	48 mg

## **Preparation**

### **TO HEAT:**

Drain off half the liquid in the can. Pour sweet potatoes and remaining liquid into a stockpot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

OR

Pour sweet potatoes into steamer pans. A 12" x 20" x 2-1/2" pan will hold the contents of two No. 10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.

Heat sweet potatoes in syrup or add one or more seasonings, such as cinnamon, grated lemon rind, or grated orange rind. Add raisins or drained canned fruit before heating for more flavor.

Mashed sweet potatoes may be used in recipes specifying sweet potatoes or pumpkin puree.

The difference between a yam and a sweet potato:

A sweet potato is described as "dry-fleshed" since the flesh is dry and firm when cooked. A yam (sweet potato) is considered "moist-fleshed" since the flesh turns soft and moist during cooking. The yam is sweeter than the dry-fleshed variety. Sweet potatoes may be used in place of yams, depending on the recipe. Keep in mind they are less sweet and less moist in texture.





## Facts About USDA Commodities

# Tomatoes, Canned

### Product Description

Tomatoes, whole or diced, U.S.  
Grade B or better

### Pack Size

Six No. 10 cans  
per case

### Yield

One No. 10 can (102 ounces) of canned tomatoes yields 45.5 1/4-cup servings of heated vegetable. One No. 10 can equals approximately 66 ounces of drained vegetable.

### Uses

Canned tomatoes are ready for immediate use in a variety of dishes, such as soups, stews, and vegetable, rice, or main dishes.

### Storage

Unopened canned tomatoes should be stored off the floor in a cool, dry place. Temperature changes shorten life and speed deterioration. Avoid freezing and exposure to direct sunlight. Canned tomatoes may be refrigerated 2 to 4 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	48 months	24 months	12 months

### Nutritional Value

A 1/4-cup serving of canned tomatoes, heated, provides:

Calories	10	Thiamin	0.03 mg
Protein	0.5 g	Riboflavin	0.02 mg
Carbohydrate	2.6 g	Niacin	0.40 mg
Fat	0.1 g	Iron	0.4 mg
Cholesterol	0	Calcium	16 mg
Vitamin A	344 IU	Phosphorus	11 mg
Vitamin C	8.6 mg	Potassium	133 mg
		Sodium	98 mg

(Continued on back)

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## **Preparation**

### **TO HEAT:**

Drain off half the liquid in the can. Pour tomatoes and remaining liquid into a stockpot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

OR

Pour tomatoes into steamer pans. A 12" x 20" x 2-1/2" pan will hold the contents of two No. 10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.

Add flavor and interest to canned tomatoes by using herbs and spices such as celery seed, cloves, oregano, sage, parsley, or basil.

Add seasoned croutons to stewed tomatoes.

Combine tomatoes and green beans; flavor with chopped green pepper, garlic, and chili powder.

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## Facts About USDA Commodities

# Tomatoes, Crushed, Canned

### Product Description

Tomatoes, crushed, includes peel, U.S. Grade B or better

### Pack Size

Six No. 10 cans per case

### Nutritional Value

A 1/4 cup serving of crushed tomatoes provides:

Calories .....	31	Thiamin .....	0.06 mg
Protein .....	1.7 g	Riboflavin .....	0.05 mg
Carbohydrate .....	5.6 g	Niacin .....	1.3 mg
Fat .....	0.2 g	Iron .....	1.0 mg
Cholesterol .....	0	Calcium .....	15 mg
Vitamin A .....	374 IU	Phosphorus .....	51 mg
Vitamin C .....	16.8 g	Potassium .....	501 mg
		Sodium .....	311 mg

### Yield

One No. 10 can yields 45.5 1/4 cup servings of heated vegetable.

### Uses

Use directly from can as pizza or spaghetti sauce. Addition of water is not necessary.

### Storage

Store unopened cans in a cool, dry place off the floor. Extreme temperatures such as freezing or exposure to direct sunlight speed deterioration. Opened quantities can be refrigerated in a covered, nonmetallic container. The chart shows the maximum storage periods at different temperatures:

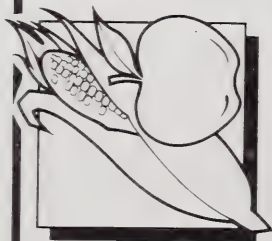
Temperature	40 °F	70 °F	90 °F
Shelf Life	48 months	24 months	12 months

### Preparation

Crushed tomatoes may be heated in a stockpot or in a steam-jacketed kettle. Season with herbs and spices such as oregano, basil, chili powder, or garlic. Pour over pizza crust, use as spaghetti sauce or in chili recipes.







## Facts About USDA Commodities

# Tomato Paste, Canned

### Product Description

Tomato paste, U.S. Grade A, without salt; extra heavy, heavy, medium, or light concentration; fine or coarse texture

### Pack Size

Six No. 10 cans per case (or 55-gallon drum for processing)

### Yield

One No. 10 can (111 ounces) of tomato paste yields 192 tablespoons (12 cups) of paste. One tablespoon of tomato paste is the equivalent of 1/4 cup vegetable.

### Uses

Use tomato paste in sauces, stews, casseroles, pizza, and soups. Reconstituted tomato paste can be used as tomato puree or tomato juice.

### Storage

Store off the floor in a cool, dry place. Avoid freezing or exposure to direct sunlight. Sudden changes in temperature cause product deterioration. Opened tomato paste may be refrigerated 2 to 4 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	36 months	18 months	9 months

### Nutritional Value

One tablespoon of tomato paste, heated, provides:

Calories	15	Thiamin	0.02 mg
Protein	0.6 g	Riboflavin	0.03 mg
Carbohydrate	3.1 g	Niacin	0.48 mg
Fat	0.2 g	Iron	0.5 mg
Cholesterol	0	Calcium	6 mg
Vitamin A	384 IU	Phosphorus	13 mg
Vitamin C	6.6 mg	Potassium	153 mg
		Sodium	11 mg

### Preparation

To reconstitute for use as tomato puree or sauce, mix one No. 10 can tomato paste with one No. 10 can water.  
To reconstitute for tomato juice, mix one No. 10 can tomato paste with three No. 10 cans water.





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# **Bread and Bread Alternates**





## Facts About USDA Commodities

# Bulgur (Cracked Wheat)



### Product Description

Cracked wheat

### Pack Size

Five 10-pound  
bags; 25- and  
50-pound bags

### Nutritional Value

A 1-ounce (3-tablespoon) serving of bulgur, cooked  
without salt, provides:

Calories.....	100	Thiamin .....	0.08 mg
Protein.....	2.9 g	Riboflavin .....	0.03 mg
Carbohydrate .....	22.1 g	Niacin.....	1.19 mg
Fat .....	0.3 g	Iron .....	1.3 mg
Cholesterol .....	0	Calcium.....	10 mg
Vitamin A .....	0	Phosphorus .....	85 mg
Vitamin C .....	0	Potassium .....	88 mg
		Sodium .....	1 mg*

\*166 mg sodium per 1/2-cup serving of bulgur cooked  
with salt.

### Yield

One pound of bulgur yields 19.6 1/2-cup cooked servings.  
One pound dry equals about 3 cups.

### Uses

Serve bulgur as a cooked breakfast cereal or with meat,  
poultry, or fish. Cooked bulgur may be used in  
casseroles, breads, desserts, soups, or stews. Bulgur  
can be used in place of rice in any recipe.

### Storage

Bulgur keeps well for 4 months if properly stored. Store  
off the floor in a cool, dry place. After opening, keep in a  
covered container. Bulgur may become rancid in high  
temperatures and high humidity. In warm climates,  
refrigeration is recommended.

### Preparation

Do not wash or rinse bulgur before or after cooking. Do  
not stir while cooking. Bulgur will continue to swell as  
long as moisture is available.

Bulgur may be added to flour in yeast breads (use 1/2 to  
1 cup cooked bulgur to 6 cups flour). Use cooked bulgur  
in quick breads, biscuits, bar or dropped cookies, cakes,  
and fruit breads. Use bulgur either cooked or soaked  
until soft.

(Continued on back)



TO COOK BULGUR:

Ingredients	100 Servings		Directions
	Weight	Measure	
Bulgur, dry	5 lb 2 oz		1 . Place 2 lb 9 oz (about 1-1/4 qt) bulgur in each of 2 baking pans (12" x 20" x 2-1/2"). 2. Add salt to boiling water. Pour 3-3/4 qt over bulgur in each pan. 3. Cover pans tightly. 4. Bake at 350 °F (moderate oven) or steam at 5 lb pressure for 25 minutes. 5. Remove from oven or steamer and let stand, covered, for 5 minutes.
Salt	1-1/2 oz		
Water		1 gal 3-1/2 qt	

SERVING: 1/2 cup provides 1 serving of cooked cereal grain.



## Facts About USDA Commodities

# Corn Grits

### Product Description

Yellow or white corn (hominy) grits, ground coarse or fine and enriched

### Pack Size

50-pound bag

### Nutritional Value

A 1/2-cup serving of enriched corn grits, cooked with no added salt or fat, provides:

### Yield

One pound of regular corn grits yields 25.1 1/2-cup servings or 16.7 3/4-cup servings of cooked corn grits.

### Uses

Serve enriched corn grits as a hot cereal or use in breads, muffins, main dishes, or desserts.

### Storage

Store cornmeal off the floor in a cool, dry, well-ventilated place. A relative humidity of 70 percent or less is recommended. If corn grits are held at a high temperature for an extended period, the grits will develop a rancid flavor. Store open bags of grits in tightly closed metal containers. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	24 months	12 months	6 months

Calories . . . . .	75	Thiamin . . . . .	0.12 mg
Protein . . . . .	1.7 g	Riboflavin . . . . .	0.06 mg
Carbohydrate . . . . .	15.7 g	Niacin . . . . .	0.98 mg
Fat . . . . .	0.2 g	Iron . . . . .	0.7 mg
Cholesterol . . . . .	0	Calcium . . . . .	0
Vitamin A . . . . .	0	Phosphorus . . . . .	14 mg
Vitamin C . . . . .	0	Potassium . . . . .	27 mg
		Sodium . . . . .	0

### Preparation

Do not wash or rinse corn grits before cooking. Enrichment does not wash out, but some natural food value is lost.

Use corn grits in combination with meat and cheese in main dishes or in puddings for desserts.

(Continued on back)

TO COOK CORN GRITS:

Ingredients	100 Servings		Directions
	Weight	Measure	
Corn grits .....	4 lb 2 oz ...	3 qt .....	1. Add grits to boiling salted water. 2. Boil for 10 minutes, stirring frequently. Reduce heat and simmer, stirring occasionally.
Salt .....	2 oz .....	1/4 cup .....	
Boiling water .....	.....	3-3/4 gal .....	

SERVING: 1/2 cup provides 1 serving of cooked cereal grain.





## Facts About USDA Commodities

# Cornmeal

### Product Description

Regular (whole, ground), bolted (nearly whole-grain), or degermed cornmeal, enriched with thiamin, riboflavin, niacin, and iron. May have vitamin D and calcium added. May be yellow or white.

### Pack Size

10-, 25-, or 50-pound bag

Regular cornmeal has a higher fat content than degermed cornmeal and turns rancid sooner. Regular cornmeal should be refrigerated and used within 6 months.

### Nutritional Value

A 1-ounce (3-tablespoon) serving of dry enriched, degermed cornmeal provides:

Calories	105	Thiamin	0.12 mg
Protein	2.2 g	Riboflavin	0.07 mg
Carbohydrate	22.2 g	Niacin	0.99 mg
Fat	0.3 g	Iron	0.8 mg
Cholesterol	0	Calcium	2 mg
Vitamin A	125 IU	Phosphorus	28 mg
Vitamin C	0	Potassium	34 mg
		Sodium	Trace

### Yield

One pound of cooked cornmeal yields about 25.3 1/2-cup portions. One pound of dry cornmeal equals about 3 cups.

### Uses

Cornmeal may be the principle ingredient in cornbread, spoonbread, rolls, muffins, fritters, or dumplings.

### Storage

Store cornmeal off the floor in a cool, dry, well-ventilated place; a relative humidity of 70 percent or less is recommended. High temperatures and humidity encourage mold and infestation, and cause rapid deterioration. The chart shows maximum storage periods for degermed cornmeal.

Temperature	40 °F	70 °F	90 °F
Shelf life	24 months	12 months	6 months

### Preparation

Use as directed in recipes.



## Facts About USDA Commodities



# Flour, All-Purpose

### Product Description

Wheat flour enriched with thiamin, riboflavin, niacin, and iron. May have added calcium, enzymes, and ascorbic acid. May be bleached or unbleached.

### Pack Size

Two 25-pound bags per package;  
50- or 100-pound bag

Temperature  
Shelf life

40 °F  
24 months

70 °F  
12 months

90 °F  
6 months

### Nutritional Value

One ounce (3-1/2 tablespoons) of unsifted enriched all-purpose flour provides:

### Yield

One pound of flour equals approximately 3-1/2 cups.

### Uses

Flour is the primary ingredient in baked items of all types and is used as a thickening agent for sauces and gravies.

### Storage

Store in a well-ventilated area off the floor and away from walls. Best storage conditions are at a temperature below 50 °F and at less than 60 percent humidity. Do not stack higher than eight bags. Rotate use. Excessive humidity and heat contribute to infestation, caking, and mustiness. Keep away from strong odors as flour readily absorbs them. In hot climates refrigeration is necessary for the storage of flour. Keep unused flour in tightly covered containers. The chart shows maximum storage periods at different temperatures.

Calories ..... 105  
Protein ..... 3.0 g  
Carbohydrate ..... 21.6 g  
Fat ..... 0.3 g  
Cholesterol ..... 0  
Vitamin A ..... 0  
Vitamin C ..... 0

Thiamin ..... 0.18 mg  
Riboflavin ..... 0.11 mg  
Niacin ..... 1.50 mg  
Iron ..... 0.8 mg  
Calcium ..... 4 mg  
Phosphorus ..... 25 mg  
Potassium ..... 27 mg  
Sodium ..... 1 mg

### Preparation

Use as directed in recipes for preparing baked items or sauces and gravies.





## Facts About USDA Commodities

# Flour, Bread



### Product Description

Enriched wheat flour with a minimum protein level of 11 percent for better gluten (as compared to 9 percent for all-purpose flour).

### Pack Size

Two 25-pound bags per package; 50- or 100-pound bags

### Yield

One pound equals approximately 3½ cups.

### Uses

The primary use of bread flour is for breads, rolls, and other yeast products. Bread flour is not recommended for cakes, pie crusts, or quick breads.

### Storage

Store in a cool, dry, well-ventilated area. For best preservation, store flour at temperature below 50 °F and humidity less than 60 percent. Excess humidity and heat contribute to infestation, caking, and mustiness. Cross-stack on pallets away from the wall. Rotate use. Flour absorbs odors and should be kept away from substances which give off distinct odors. Store unused flour in tightly covered containers. The following chart lists maximum storage times at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf Life	24 months	12 months	6 months

### Nutritional Value

One ounce (3½ tablespoons) of unsifted flour provides:

Calories	102	Thiamin	0.23 mg
Protein	3.4 g	Riboflavin	0.15 mg
Carbohydrate	20.6 g	Niacin	2.14 mg
Fat	0.5 g	Iron	1.3 mg
Cholesterol	0	Calcium	4 mg
Vitamin A	0	Phosphorus	28 mg
Vitamin C	0	Potassium	28 mg
		Sodium	1 mg

### Preparation

Use as directed in recipes for preparing breads, rolls, pizza dough, and other yeast products.





## Facts About USDA Commodities



# Flour, Soft Wheat

### Product Description

Enriched bakers soft wheat flour milled from wheat of the classes Soft Red Winter or White Wheat. May be bleached or unbleached.

### Pack Size

50-ounce or  
100-pound bags

### Yield

One pound of flour equals approximately 3-1/2 cups.

### Uses

Bakers soft wheat flour is primarily used in baking cookies and crackers.

### Storage

Store in a cool, dry, well-ventilated area. Best storage conditions are at a temperature below 50 °F and at less than 60 percent humidity. Excess humidity and heat contribute to infestation, caking, and mustiness. Cross-stack bags of flour on pallets away from the wall. Rotate use. Flour absorbs odors and should be kept away from substances that give off distinct odors. Store unused flour in tightly covered containers. The following chart lists maximum storage times at different temperatures:

Temperature	40 °F	70 °F	90 °F
Shelf Life	24 months	12 months	6 months

### Nutritional Value

One ounce (3-1/2 tablespoons) of unsifted soft wheat flour provides:

Calories .....	103	Thiamin. ....	0.25 mg
Protein .....	2.3 g	Riboflavin .....	0.12 mg
Carbohydrate .....	22.1 g	Niacin .....	1.92 mg
Fat. ....	0.2 g	Iron .....	2.1 mg*
Cholesterol .....	0	Calcium. ....	4 mg
Vitamin A .....	0	Phosphorus .....	24 mg
Vitamin C .....	0	Potassium. ....	30 mg
.....	.....	Sodium.....	1 mg

\*Values for enriched flour

### Preparation

Use as directed in recipes for preparing baked items such as cookies and crackers.



## Facts About USDA Commodities

# Flour, Whole-Wheat



### Product Description

Whole-wheat flour contains the finely ground bran, germ, and endosperm of the whole kernel. May contain ascorbic acid as a dough conditioner and enzymes for improved baking.

### Pack Size

Two 25-pound bags per package; 10- or 50-pound bag

containers. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	24 months	12 months	6 months

### Nutritional Value

One ounce (3-3/4 tablespoons) of whole-wheat flour provides:

Calories	.....95	Thiamin	.....0.16 mg
Protein	.....3.8 g	Riboflavin	.....0.03 mg
Carbohydrate	.....20.1 g	Niacin	.....1.22 mg
Fat	.....0.6 g	Iron	.....0.9 mg
Cholesterol	.....0	Calcium	.....12 mg
Vitamin A	.....0	Phosphorus	.....105 mg
Vitamin C	.....0	Potassium	.....105 mg
		Sodium	.....1 mg

### Storage

Store in a well-ventilated area at less than 60 percent humidity. Keep off the floor and away from walls. Do not stack higher than eight bags. Rotate use. Excessive humidity and heat contribute to infestation, caking, and mustiness. Keep away from strong odors as flour readily absorbs them. Whole-wheat flour can become rancid, and shelf life is less than that of white flour. If it is stored for any length of time, check for rancidity by smelling the flour. Refrigeration is necessary in hot climates. Keep unused flour in tightly covered

### Preparation

Whole-wheat flour products have a distinctive flavor and a coarser texture than those made from white flour.

Substitute whole-wheat flour for part of the white flour in recipes. For best results, use one part whole-wheat flour and three parts white flour. The more whole-wheat flour, the longer the rising time needed. Because whole-wheat flour absorbs liquid more slowly than white flour, yeast breads may also take longer to knead.

### Yield

One pound of whole-wheat flour equals approximately 3-1/2 cups.

### Uses

Whole-wheat flour is the primary ingredient in many breads and other baked items.





## Facts About USDA Commodities

# Macaroni, Spaghetti, and Rotini (spirals)



### Product Description

Macaroni, long or elbow (3/4" to 1-1/2" in length), spaghetti (8-1/2" to 11" in length), and rotini (1" to 1-3/4" in length) made from semolina or durum flour. Enriched with thiamin, riboflavin, niacin, and iron

### Pack Size

20-pound bag

### Storage

Store pasta products off the floor in a cool, dry, well-ventilated place. After opening, store pasta products in a tightly covered container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	72 months	36 months	18 months

### Yield

*Macaroni:* Elbow or long: One pound cooked yields about 19.5 1/2-cup portions. One pound dry equals about 3-1/2 cups.

*Spaghetti:* One pound cooked yields about 16.5 1/2-cup portions. One pound dry equals about 6-3/8 cups.

*Rotini:* Spirals: One pound cooked yields about 16.9 1/2-cup portions. One pound dry equals about 5-3/8 cups.

### Uses

Macaroni and similar pasta products may be combined with a tomato or meat sauce. Use in recipes for soup, casseroles, or salads. Combine with eggs, fish, fowl, vegetables, meat, or cheese.

### Nutritional Value

A 1/2-cup serving of cooked (unsalted) enriched macaroni, spaghetti, or rotini, tender stage, provides:

Calories	80	Thiamin	0.07 mg
Protein	2.4 g	Riboflavin	0.03 mg
Carbohydrate	16.1 g	Niacin	0.77 mg
Fat	0.3 g	Iron	0.6 mg
Cholesterol	0	Calcium	6 mg
Vitamin A	0	Phosphorus	35 mg
Vitamin C	0	Potassium	43 mg
		Sodium	1 mg

(Continued on back)

# Preparation

TO COOK MACARONI, SPAGHETTI, OR ROTINI:

Ingredients	100 Servings		Directions
	Weight	Measure	
Salt .....	3-1/2 oz ...	1/3 cup .....	1 . Add salt to boiling water. Slowly stir in macaroni, spaghetti, or rotini until water boils again. 2. Cook uncovered until tender-firm about 8 minutes for macaroni, 10 minutes for spaghetti, and 5-10 minutes for rotini. Do not overcook. 3. Drain.
Boiling water .....	.....	6 gal .....	
Macaroni .....	5 lb 4 oz ...	.....	
or			
Spaghetti .....	6 lb 7 oz ...	.....	
or			
Rotini (spirals) .....	6 lb .....	.....	

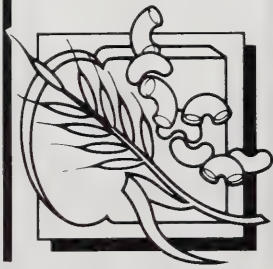
SERVING: 1/2 cup provides 1/2 cup of cooked noodles or cooked pasta.

Pasta is done when tender, but firm. If pasta is to be used in a dish requiring further cooking, undercook slightly. Drain pasta to stop cooking. Do not rinse unless specified in the recipe.

When pasta is not to be served immediately, drain off water and toss lightly with a small amount of salad oil to prevent pasta from sticking and drying out. Cover tightly and store.

To reheat pasta, place in a colander and immerse in rapidly boiling water just long enough to heat thoroughly. Do not overcook.





## Facts About USDA Commodities

# Oats, Quick, Rolled

### Product Description

Rolled oats, quick-cooking

### Pack Size

25- or 50-pound bag

### Yield

One pound of dry rolled oats equals about 6-1/4 cups; 1 pound cooked yields 23.8 1/2-cup portions or 15.8 3/4-cup portions.

### Uses

Serve rolled oats as a hot cereal or use as an extender for meat loaf or meat patties. Use rolled oats in breads, rolls, muffins, cookies, and similar baked items, and as a topping for crisps and cakes.

### Storage

Store rolled oats off the floor in a cool, dry, well-ventilated place. High temperatures and humidity contribute to infestation and mold. A relative humidity of 60 percent or less is recommended. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	12 months	12 months	6 months

### Nutritional Value

A 1/2-cup serving of cooked rolled oats with no added salt provides:

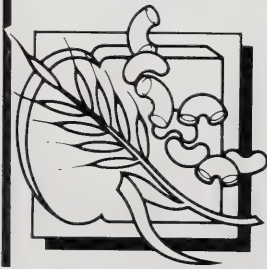
Calories	75	Thiamin	0.14 mg
Protein	3.2 g	Riboflavin	0.02 mg
Carbohydrate	13.3 g	Niacin	0.16 mg
Fat	1.2 g	Iron	0.9 mg
Cholesterol	0	Calcium	10 mg
Vitamin A	15 IU	Phosphorus	94 mg
Vitamin C	0	Potassium	69 mg
		Sodium	1 mg

### Preparation

Substitute rolled oats for rolled wheat in any recipe. Make substitutions on a volume basis only, since weights of these products vary.

Use as directed in recipes for preparing baked goods, cereals, etc.





## Facts About USDA Commodities

# Rice, Brown

### Product Description

Milled brown rice, U.S. Grade 1.  
May be long-, medium-, or short-grain.

### Pack Size

25- or 50-pound  
bag

### Yield

One pound of dry rice equals about 2-1/2 cups; 1 pound of cooked long-grain rice yields about 19.5 1/2-cup servings.

### Uses

Serve brown rice cooked or use in soups, salads, stuffings, or main dishes.

Brown rice is the whole unpolished grain with only the outer husks and a small amount of bran removed.

Use brown rice in any recipe calling for cooked rice. In recipes specifying uncooked rice, it may be necessary to increase the liquid and/or the cooking time.

### Storage

Store in a cool, dry place for short periods of time and use refrigerated storage for extended periods. A relative humidity of 55 percent or less is recommended. Use within 6 months. Opened rice should be placed in a clean, tightly covered container. Shelf life is limited due

to the oil content of the bran. The chart shows maximum storage periods at different temperatures.

Temperature	50 to 70 °F	36 to 40 °F
Shelf life	3 months	6 months

### Nutritional Value

A 1/2-cup serving of cooked long-grain brown rice with no salt added provides:

Calories	115	Thiamin	0.08 mg
Protein	2.4 g	Riboflavin	0.02 mg
Carbohydrate	24.9 g	Niacin	1.36 mg
Fat	0.6 g	Iron	0.5 mg
Cholesterol	0	Calcium	12 mg
Vitamin A	0	Phosphorus	71 mg
Vitamin C	0	Potassium	68 mg
		Sodium	3 mg

### Preparation

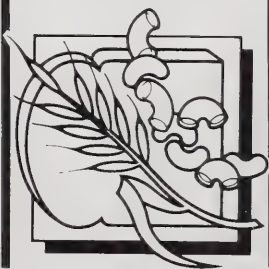
Do not rinse prior to cooking. Carefully measure rice and liquid. Time the cooking so that all moisture is absorbed. Fluff cooked rice with fork or slotted spoon to allow steam to escape. Use 5 lb 4 oz brown rice, 1-1/4 gal 3 cups boiling water, and 1-1/3 Tbsp salt for 100 1/2-cup servings of cooked rice. Cover pans tightly and bake at 350 °F or steam at 5 pounds pressure for 50 minutes.





## Facts About USDA Commodities

# Rice, White, Enriched



### Product Description

Long-, medium-, or short-grain rice enriched with thiamin, riboflavin, niacin, and iron. Vitamin D and calcium may be added. May be parboiled or parboiled lightly.

### Pack Size

25- or 50-pound bag

### Storage

Store unopened containers of rice off the floor in a cool, dry place. A relative humidity of 55 percent or less is best. Refrigeration is recommended for extended storage. Opened rice should be placed in a clean, tightly covered container. The chart shows maximum storage periods at different temperatures.

### Yield

One pound of dry rice equals about 2-1/3 cups; 1 pound of long- or medium-grain rice yields 18 1/2-cup servings of cooked rice.

### Uses

Serve white rice cooked or use in soups, salads, main dishes, or desserts.

Long-grain rice generally cooks up light and fluffy.

Medium- and short-grain rice are tender and moist and tend to cling together when cooked.

Regular milled rice has had the hull and bran removed.

The term parboiled rice means that the rice grains, with the hull and bran layers still on, have gone through a steaming process. Parboiling modifies the starch in the rice and causes the grain to retain natural nutrients.

Parboiled rice requires slightly more cooking time than regular milled white rice and can be held for a long period before serving.

Temperature

40 °F

70 °F

90 °F

Shelf life

Regular milled rice

48 months

24 months

12 months

Parboiled rice

30 months

20 months

10 months

### Nutritional Value

A 1/2-cup serving of cooked, enriched, long-grain white rice, with no salt added, provides:

Calories	110	Thiamin	0.10 mg
Protein	2.0 g	Riboflavin	0.01 mg
Carbohydrate	24.8 g	Niacin	1.02 mg
Fat	0.1 g	Iron	1.4 mg
Cholesterol	0	Calcium	10 mg
Vitamin A	0	Phosphorus	29 mg
Vitamin C	0	Potassium	29 mg
		Sodium	2 mg

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## Preparation

To retain vitamins, do not rinse before or drain after cooking. Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add 1/2 cup liquid per quart of cooked rice.

### TO COOK RICE (Oven or Steamer):

Ingredients	100 Servings		Directions
	Weight	Measure	
White rice, long-grain (regular or parboiled)			1. Do not rinse enriched rice.
or medium-grain	5 lb 10 oz..	3-1/2 qt .....	2. Place rice in steamtable pan (12" x 20" x 2-1/2"), no more than 3 lb per pan.
Salt .....	.....	1-1/3 Tbsp.....	3. Add salt to boiling water; pour over rice, 1 qt per lb of rice.
Boiling water .....	.....	1-1/4 gal 2 cups	4. Cover pans tightly.
			5. Bake at 350 °F (or steam at 5 lb pressure) for 25 minutes.
			6. Remove from oven or steamer and let stand covered for 5 minutes.

SERVING: 1/2 cup rice provides 1 serving cooked cereal grain.

Yield: 100 servings: about 2 gallons 3-1/4 quarts





## Facts About USDA Commodities

# Wheat, Rolled Quick, Rolled

### Product Description

Rolled wheat, quick-cooking

### Pack Size

25- or 50-pound bag

### Nutritional Value

A 1/2-cup serving of cooked rolled wheat with no added salt provides:

### Yield

One pound of dry rolled wheat equals about 4-3/4 cups; 1 pound cooked yields 22 1/2-cup portions or 14.7 3/4-cup portions.

### Uses

Serve rolled wheat as a hot cereal or use as an extender for meat loaf or meat patties. Use rolled wheat in breads, rolls, muffins, cookies, and similar baked items and as a topping for crisps and cakes.

### Storage

Store rolled wheat off the floor in a cool, dry, well-ventilated place. High temperatures and humidity contribute to infestation and mold. A relative humidity of 60 percent or less is recommended. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	12 months	12 months	6 months

Calories	.....75
Protein	.....2.4 g
Carbohydrate	.....16.6 g
Fat	.....0.5 g
Cholesterol	.....0
Vitamin A	.....0
Vitamin C	.....0

Thiamin	.....0.08 mg
Riboflavin	.....0.06 mg
Niacin	.....1.08 mg
Iron	.....0.7 mg
Calcium	.....8 mg
Phosphorus	.....84 mg
Potassium	.....86 mg
Sodium	.....0

### Preparation

Rolled wheat may be substituted for rolled oats in any recipe. Make substitution only on a volume basis since weights of these products vary.

Use as directed in recipes for preparing baked items, cereals, etc.

(Continued on back)

TO COOK ROLLED WHEAT (Quick-Cooking):

Ingredients	50 Servings		Directions
	Weight	Measure	
Rolled wheat . . . . .	2 lb 5 oz . . .	2 qt 2-1/2 cups	1 . Stir rolled wheat into boiling salted water in a kettle, saucepan, or stockpot. 2. Bring to boil. Reduce heat and simmer for 20 minutes, stirring occasionally.
Salt . . . . .	1 oz . . . . .	2 Tbsp . . . . .	
Boiling water . . . . .	. . . . .	1-1/2 gal . . . . .	
SERVING: 1/2 cup cooked rolled wheat provides 1/2 cup cooked cereal grain.			

# Other Foods









# Facts About USDA Commodities

## Butter

### Product Description

Butter, U.S. Grade A, salted

### Pack Size

1-pound cubes in  
36-pound case

When storing butter for several days in the refrigerator, wrap it in air-tight plastic or store in a covered container. This prevents absorption of odors and protects it against light and air.

### Yield

One pound of butter will yield about 96 teaspoons (about 2 cups).

### Uses

Butter adds flavor to cooked vegetables and breads, rolls, and other cereal products. It may be used as an ingredient in cakes, cookies, and other baked goods.

### Storage

Store butter at 0 °F below for maximum storage life. Butter freezes at approximately 20 to 22 °F. Freeze butter to maintain freshness. The chart shows maximum storage periods at different temperatures.

Temperature	0 °F	32 to 35 °F
Shelf life	18 months	1 month

Although butter may be safely kept slightly longer than the periods listed, the longer it is stored, the greater the chances of rancidity, flavor loss, and shrinkage.

### Nutritional Value

One teaspoon of salted butter provides:

Calories.....	35	Thiamin.....	.0
Protein.....	Trace	Riboflavin.....	Trace
Carbohydrate.....	Trace	Niacin.....	Trace
Fat.....	3.8 g	Iron.....	Trace
Cholesterol.....	10 mg	Calcium.....	1 mg
Vitamin A.....	143 IU	Phosphorus.....	1 mg
Vitamin C.....	.0	Potassium.....	1 mg
		Sodium.....	39 mg

(Continued on back)

## Preparation

To soften butter for use as a spread, hold amount needed at room temperature (65 to 75 °F). Butter will melt at 80 to 95 °F.

### BUTTER EQUIVALENCIES:

If recipe calls for:	Use:
1 cup margarine	1 cup butter
1 cup shortening	1 to 1-1/8 cup butter, and subtract 1/2 teaspoon salt from the recipe.
1 cup lard	1-1/8 cup butter, and subtract 1/2 teaspoon salt from the recipe.





## Facts About USDA Commodities

# Honey

### Product Description

Grade A honey

### Pack Size

Six 5-pound cans  
per case

### Nutritional Value

One tablespoon of honey provides:

Calories .....	65	Thiamin .....	Trace
Protein .....	0.1 g	Riboflavin .....	0.01 mg
Carbohydrate .....	17.3 g	Niacin .....	0.06 mg
Fat .....	0	Iron .....	0.1 mg
Cholesterol .....	0	Calcium .....	1 mg
Vitamin A .....	0	Phosphorus .....	1 mg
Vitamin C .....	0.2 mg	Potassium .....	11 mg
		Sodium .....	1 mg

### Yield

One pound of honey yields about 22.3 1-tablespoon portions of honey.

### Uses

Use honey as a spread for bread, muffins, and biscuits. Use in recipes for cakes, cookies, and frozen desserts or use with sandwich fillings along with dried fruits, peanut butter, or cottage cheese. Honey may be substituted for sugar in many recipes.

NOTE: DO NOT GIVE HONEY TO, OR USE IN FOODS FOR, INFANTS UNDER 1 YEAR OLD.

### Storage

Honey keeps best when stored in a dry place at a temperature between 60 and 72 °F. Opened honey should be covered tightly to prevent moisture absorption.

Unopened containers of honey can be stored for about 24 months at 70 °F.

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## ***Preparation***

Honey may crystallize as it ages, or if stored in the refrigerator. To reliquefy crystallized honey, place the container of honey on a rack in a pan of lukewarm water. Overheating may cause a loss of color and flavor.

Honey may be used in place of sugar in preparing puddings, custards, pie fillings, baked apples, candied and sweet-sour vegetables, glazes, frostings, and salad dressings. Use less honey as it provides more sweetening than sugar.

For most baked goods, honey may be used for up to 20 percent of the sugar. Slightly reduce the liquid in the recipe. Honey contains about 20 percent water. In cakes and cookies, honey must be mixed thoroughly with the other ingredients to prevent a soggy layer from forming on top. Combine honey with either the shortening or the liquid.

When baking with honey, reduce the oven temperature by 25 °F. Products containing honey brown faster than those made with other sweeteners.

Cakes and cookies made with honey are noted for their keeping qualities. The ability of honey to absorb and retain moisture retards drying out and staling of baked goods.

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Facts About USDA Commodities

# Milk, Nonfat Dry (Noninstant)

## Product Description Pack Size

Dried (noninstant) pasteurized skim milk 50-pound bag

## Yield

One pound of nonfat dry milk, reconstituted, will yield 20 cups of fluid milk; one pound of noninstant, nonfat dry milk is about 3-1/2 cups (dry); 3/4 cup (3.2 oz) dry milk + 3-3/4 cups water = about 1 quart of fluid skim milk.

## Uses

Use reconstituted nonfat dry milk in place of fresh milk in recipes such as breads, cakes, soups, gravies, sauces, and custards.

## Storage

Store nonfat dry milk off the floor in a cool, dry place. After opening, keep in a covered container. When exposed to the air and moisture, it becomes lumpy and the flavor changes. After mixing with water, cover milk and refrigerate. Use within 3 to 5 days. The chart shows maximum storage periods for the dry milk at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	24 months	12 months	3 months

## Nutritional Value

A 7/8-ounce measure of nonfat dry milk (weight of nonfat dry milk to make 1 cup reconstituted skim milk), nonfortified, provides:

Calories	90	Thiamin	0.1 mg
Protein	9.0 g	Riboflavin	0.38 mg
Carbohydrate	12.9 g	Niacin	0.24 mg
Fat	0.2 g	Iron	0.1 mg
Cholesterol	5 mg	Calcium	312 mg
Vitamin A	9 IU	Phosphorus	240 mg
Vitamin C	1.7 mg	Potassium	445 mg
		Sodium	133 mg

## Preparation

When recipes specifying milk contain a large portion of dry ingredients, as for bread, biscuits, muffins, and cakes, nonfat dry milk may be mixed with the other dry ingredients and the water for reconstitution may be added to the liquid ingredients. Use as directed in recipes requiring dry milk, or reconstituted as a substitute in a cooked product when fresh milk is specified. In recipes specifying both weight and volume measurements for dry milk, using the weight will give more consistent results.

(Continued on back)



TO PREPARE FLUID SKIM MILK AND SOUR MILK:

Ingredients	1 Gallon Reconstituted		Directions
	Weight	Measure	
FLUID SKIM MILK			
Nonfat dry milk,			
Noninstant .....	14 oz .....	3 cups .....	1. Sprinkle noninstant dry milk on top of water and beat with mixer, rotary beater, or wire whip until smooth.
			2. If not used immediately, cover and refrigerate.
Water, room temperature	.....	3-3/4 qt .....	

To prepare SOUR MILK, use 1 cup vinegar in place of 1 cup of the water in Fluid Skim Milk recipe.

Note: From 3.2 to 3.5 ounces of nonfat *dry* milk can be used to make a quart of fluid milk. For convenience in measuring, 3.5 ounces (3-1/2 oz) nonfat dry milk per quart was used in this recipe.



*Facts About USDA Commodities*

# Tomato Catsup, Canned

## Product Description

Regular tomato catsup made from tomatoes and seasonings

## Pack Size

Six No. 10 cans  
per case

## Nutritional Value

One tablespoon of tomato catsup provides:

Calories .....	15	Thiamin .....	0.01 mg
Protein .....	0.3 g	Riboflavin .....	0.01 mg
Carbohydrate .....	3.8 g	Niacin .....	0.24 mg
Fat .....	0.1 g	Iron .....	0.1 mg
Cholesterol .....	0	Calcium .....	3 mg
Vitamin A .....	210IU	Phosphorus .....	8 mg
Vitamin C .....	2.2 mg	Potassium .....	54 mg
		Sodium .....	156 mg

## Yield

One No. 10 can (115 ounces) of tomato catsup equals  
11.4 cups.

## Uses

Serve canned tomato catsup as a condiment or use in recipes for sauces, vegetable dishes, and main dishes.

## Storage

Store unopened canned tomato catsup off the floor in a cool, dry place. Temperature changes shorten life and speed deterioration of the catsup. Store opened tomato catsup in the refrigerator in a covered, nonmetallic container. Use within 6 months. The chart shows maximum storage periods at different temperatures.

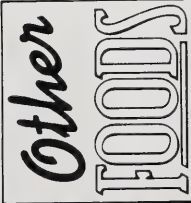
Temperature	40 °F	70 °F	90 °F
Shelf life	36 months	18 months	9 months

## Preparation

Use tomato catsup as a condiment and as directed in recipes.







## Facts About USDA Commodities

# Vegetable Oil

### Product Description

Corn, cottonseed, peanut, soybean, sesame, sunflower, or safflower oil or in combination. Vegetable oil has been partially hydrogenated and "winterized." (Excludes olive oil.)

### Pack Size

Six 1-gallon plastic bottles per case.

The term winterized means that the oil has received special processing so that, if used for salad dressing or mayonnaise, it will not solidify or separate at refrigerator temperatures.

### Yield

One cup of oil weighs about 7.65 ounces. One pound of oil measures about 2-1/8 cups, and 1 pound of hydrogenated shortening measures about 2-1/4 cups.

### Uses

Use in recipes specifying oil, melted fat, or hydrogenated shortening, such as for biscuits, cornbread, muffins, rolls, pie dough, and quick breads. Oil can also be used for deep-fat frying, pan greasing, oiling baked potatoes, and in salad dressing.

### Storage

Store cans of oil off the floor in a cool, dry place. Carefully clean spout and replace screw cap tightly after each use. Exposure to air causes oil to lose quality.

When held below 32 °F oil may form solid material which will disappear on warming. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	24 months	12 months	6 months

### Nutritional Value

One tablespoon of soybean oil provides:

Calories	120	Thiamin	0
Protein	0	Riboflavin	0
Carbohydrate	0	Niacin	0
Fat	13.6 g	Iron	0
Cholesterol	0	Calcium	0
Vitamin A	0	Phosphorus	0
Vitamin C	0	Potassium	0
		Sodium	0

### Preparation

Use as directed in recipes specifying oil, salad oil, or vegetable oil.

For general use, vegetable oil and hydrogenated shortening are interchangeable by weight but *not* by volume.







## Facts About USDA Commodities

# Vegetable Shortening

### Product Description

Soybean oil shortening. Antioxidants and an antifoaming agent may be added.

### Pack Size

50-pound pack or  
12 3-pound cans  
per case

### Nutritional Value

One tablespoon of shortening provides:

Calories . . . . .	115	Thiamin . . . . .	0
Protein . . . . .	0	Riboflavin . . . . .	0
Carbohydrate . . . . .	0	Niacin . . . . .	0
Fat . . . . .	12.8 g	Iron . . . . .	0
Cholesterol . . . . .	0	Calcium . . . . .	0
Vitamin A . . . . .	0	Phosphorus . . . . .	0
Vitamin C . . . . .	0	Potassium . . . . .	0
		Sodium . . . . .	0

### Yield

One pound of vegetable shortening equals about 2-1/4 cups.

### Uses

Use shortening in breads, pie crusts, cakes, cookies, and other baked items. Shortening may be used for pan-frying meat and poultry and for greasing pans.

### Preparation

Use in recipes specifying shortening or fat.

### Storage

Store shortening off the floor in a cool, dry place. If held above 90 °F it may lose its creaming ability. Wrap opened shortening, or cover tightly. Shortening will lose quality with exposure to air. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	48 months	24 months	12 months











